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# prima

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SEPTEMBER 2015

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*Exclusive*

## JOANNA LUMLEY

On her great loves, the  
magic power of a nap &  
the joy of volunteering

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Sweet treats



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Welcome

## Get the feel-good factor...

If you don't already have it when you sit down to read this issue, you should have it by the time you finish! We've packed our September issue full of the things we know you love. There's some fabulous fashion inspiration – gorgeous new layering looks to take you into autumn, four pages of heavenly shoes (well, a girl can never have too many, can she?) and some amazing tips from our brilliant fashion team for how to dress when you're well endowed up top!

Of course, *The Great British Bake Off* starts this month, so we're bringing you a fantastic collection of baking recipes. Make any of these and I promise you'll win the Star Baker crown from friends and family. I have to confess, I've recently caught the baking bug – it's such a great way to unwind at the weekend; my 11-year-old daughter and I are currently challenging ourselves to bake a new recipe every Sunday.

Gorgeous cover star Joanna Lumley says she thoroughly enjoyed her own experience on *Bake Off* earlier this year for Comic Relief and confesses making a good cheesy shortcrust pastry remains one of her life's ambitions. She shares much else besides and has inspired many of us on the Prima team to find out about local volunteering projects through the new M&S Spark Something Good campaign. As Joanna puts it: 'We all live in communities, but it's very easy these days to forget that; we have to remember that we are human beings and we flourish when we do things together.' Well said!

Yet more inspiration comes from the readers who tell us that, at this time of year, it's not only school-leavers who can embark on a new direction – grown-up women are also signing up for courses, qualifications, apprenticeships and overseas adventures. I hope that reading their stories, along with the rest of this issue, leaves you with a great big smile on your face.

Gaby

GABY HUDDART, EDITOR

Don't miss the October issue, **ON SALE 4 September**



PS For further inspiration, don't miss *Prima's The Joy of Baking* and the latest issue of *Prima Makes*, both out now!



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# TAKE YOUR HAIR TO PARADISE





## BOLD & BEAUTIFUL

Show off your holiday tan in this stylish dress. Tropical smock **dress**, £25, Very



## FUNKY FLAMINGOS

We love these cute designs. Flamingo and palm **clutch** (above), £28; flamingo-shaped **bag** (right), £15; both Floozie by FrostFrench at Debenhams



## FUN IN THE SUN

Get your summer party started with some home-made punch using The Duppy Share Caribbean **rum**, £29.80 for 70cl, Amazon. Bottoms up!

# Prima loves

Let's go totally tropical and plan for a hot Indian summer that lasts and lasts

## FLORAL FEET

Comfortable and super cute, these look great with jeans or A-line skirts for a relaxed look. Tropical flower **plimsolls**, £32.50, Victoria Plimsolls



## SWEET SCENT

Fragrance your home with the delicious aroma of apple and passion fruit – so yummy. Ted Baker Miami scented reed **diffuser**, £23.95, Prezzybox.com

## SUNNY DELIGHT

Bring the sunshine indoors with this feel-good Hawaii embroidered **cushion**, £12, Tesco



## FLIGHT OF FANCY

A fruity and floral fragrance that smells divine on balmy evenings. Bird of Paradise **eau de toilette**, £16 for 60ml, Marks & Spencer



## HOT TO TROT

Everything a beauty addict needs for a quick fix – and in summer's hottest colours. Clinique **lip, nail and mascara set**, £20, House of Fraser







## JOANNA LUMLEY IN BRIEF...

**What does love feel like?** Being filled with helium; lighter than air.

**What did your parents give you?**

They gave me the best childhood anyone could have, which gave me the strength to be who I am.

**Childhood ambition?** I was offered a place to study ballet at Sadler's Wells when I was 10, but I didn't take it because I liked horses. I would never have had the discipline to be a ballerina.

**Cosmetic surgery: yes or no?** I dye my hair and do everything to look as nice as possible. But you have to be careful not to take it too far.

**What's your motto?** Keep dancing till the lights go out.

**Technology: friend or foe?** I would call technology a good mate, but I don't think I necessarily want it to move in!

**What would you change about yourself?** Butting in when people are talking – but I'm mindful of that.

**Greatest achievement?** Being part of the Gurkhas' public campaign makes me really proud.

**What keeps you awake at night?** The feeling that I might have said something that could have been misconstrued, or that I could have mistakenly been discourteous to someone is agony to me.

**High street or designer?** High street.

**What do you spend your money on?** Paintings. And I like to give money away. I love making money – and I love giving it away; it's the thing that makes me happiest in the world.

**Last time you were really happy?** One minute ago. It's a discipline: you have to look for happiness. It's all in your head – good or bad, so make it good!

**Joanna wears:** Jacket, Marks & Spencer. Top, Ilse Jacobsen. Trousers, Marc Cain. Bangles, from a selection at Wallis. Cuff, Lola Rose at QVC. Shoes, Lucy Choi



# ‘LOVE feels like being filled with helium’

Joanna Lumley talks to Prima about her great loves, the magic power of a nap and the joy of volunteering

Actress Joanna Lumley, 69, lives in London with her husband, composer Stephen Barlow. She has a son, Jamie, and two granddaughters. After working as a model, Joanna became famous when she was cast as Purdey in *The New Avengers* – but her defining role was probably as Patsy Stone in *Absolutely Fabulous*. Joanna is currently fronting Marks & Spencer's Spark Something Good campaign.

## My family life

**My granddaughters Alice and Emily are 12 and 10 and I absolutely adore them.** I've loved them very dearly from the second that they were born. It's funny because when you have a child, you think you will never be able to love anyone quite as much ever again. And then, blow me, it turns out you can!

**My relationship with my son Jamie is fantastic – we have always been closer than close.** He's a photographer and his wife is a writer. They live in north Scotland, so it's hard to be a hands-on granny – but I do see lots of them. We are going up to see them this weekend and they are coming to stay with us next week and I enjoy every second of it.

**I was 21 and a single mother when I had Jamie.** The hospital didn't think much of the fact that I was unmarried – they actually put me in a separate room in case I upset the other married mothers, which is just unthinkable now. But I didn't care about that at all; I can survive stuff.

**My parents were sensational.** They rallied round and were rock solid. Jamie was premature and I had to go out to work and they virtually brought me and Jamie up at the same time.

**I really was entirely unprepared for motherhood, not least the fact that it is for life.** That's also the thing that makes it the most completely worthwhile, thrilling and rewarding thing I have ever done. Being a parent is the most important thing in the world and knocks working or running a business into a cocked hat.

**When I first met my husband Stevie, I can only say it was like being hit by a bolt of lightning.** It felt very odd; like being punched in the chest by an extraordinary jolt of recognition, realising that he would be in my life although with no idea how, since I was with someone else at the time and so was he! Then we ran into each other again nine years later – and we've been together since for 28 years. ➔



**Luckily, by the time we got married, we knew what the other did for a living.** So we both knew that we worked madly at everything – and so we were bound to spend time apart. But it means that when we come back together, with stories to tell, we sit there talking nineteen to the dozen. Stevie's terribly proud of me. And I respect and admire him and, if you are going to be with someone, that's really important.

**I love my time at home.** I'm a big collector of jumble and love finding chairs that need covering; I like using my hands and mending things, painting and stripping things and making them beautiful.

**Our house is full of white floorboards.** I was brought up in hot countries, and the sun bouncing off floorboards makes me feel safe. We have lots of old furniture bought from salerooms, or found in skips – like our coffee table, which was a pine dining table before we cut the legs off and painted it white. I love mixing up jugs and vases, paintings and rugs.

## My personal style

**I would describe myself as very low maintenance.** I use Astral moisturiser for everything, from hand cream to eye make-up remover. It's all I use and it comes with me everywhere. I don't buy expensive make-up; I use high street stuff and mix colours because it's all about having fun.

**I don't exercise, but I walk to the Tube and around London and that keeps me fit.** Also, I've been vegetarian for 40 years, which helps – you eat so much more fruit and veg than you might otherwise.

**My style is classic – with odd twists.** I don't spend a lot of time shopping. I used to be a model, so I watch the fashions with interest, but I look at some of the things on the catwalk and think, 'That's adorable

but I couldn't wear one piece of it because it's not actually for wearing.'

**If I want to look good in a hurry, it will almost certainly be black.** That's partly because people forget black, so they don't notice if you've worn it before. A black jacket will never go out of fashion.

**My idea of decadence is reading a book in the daytime.** Or sleeping. I'm a master of the 20-minute power nap. I always tell women it's better than a glass of wine or even food in terms of refreshing you. If I'm filming and have an hour's break, I go to my trailer, eat an orange, then just lie down and sleep for 20 minutes – then wake up feeling like a million dollars.

## My working life

**I'm used to being typecast.** People have always seen me as a model or as Patsy or as Purdey, but there's nothing I can do about that. It's not that I don't care – of course, it matters what people think of me and I'd hate people to hate me. But I don't do things just to win people's approval.

**I was fortunate that fame came into my life late;** I was 30 when I was cast as Purdey and, by then, I'd sussed out what I wanted and knew I couldn't bear my normal life to be changed in any way. That's why I still travel on the Tube and I always queue in shops. People talk to me in the street and it's lovely when they do.

**I'm so excited the *Ab Fab* film will be out next year.** It will be the old gang plus quite a lot of new and gorgeous people. We've already workshoped it a bit, which means we all sit around trying out some lines and clutching our sides laughing. That's not to say that making comedy is just a barrel of laughs. Comedy is actually far harder to make than drama. And, although we're lucky that we love each other dearly,

it's possible to make very good comedy with people who loathe each other.

**Jennifer Saunders and I are friends, but we're nothing like Patsy and Edina.** They are cartoon people: repulsive, self-centred, and vain. We don't get together for dinner – in fact, I never see anyone; I hardly even see my husband! We all just work all the time, have families and live in different places. People ask me if I have Leonardo DiCaprio's number and I say, 'Just because I kissed him in a film doesn't mean I have his number.' (Although I wish I did!)

**I had watched *The Great British Bake Off* before I was on it for Comic Relief** – but only in the way I'd watch tap-dancing. I can't do it so I'm astonished by people who can. I can cook, but I've never baked, probably because I've never liked eating cakes. I like spicy, savoury food. I even brought Jamie up without any cake, the poor devil.

**As well as wanting to make good cheesy shortcrust pastry, I have endless other ambitions, including directing.** But mainly, I want to work with very good writers and directors. I've done my share of tatty work with ho-hum scripts. The good thing is that if you learn how to do that, when you get to do really good stuff, it's like flying.

**I also raise awareness for charities. My personal favourite is The Gurkha Welfare Trust, of which I am a patron.** I urge people not to forget that Nepal suffered from two major quakes and countless minor ones that are still going on. People are afraid to go back inside and the buildings are tombs. The country is unbearably sad; in far, rural communities there is no earth left for crops and the animals have died; families have been decimated and it will take years to put that country back on its feet. If people are wondering what they can do, the answer is give, give, give!



## ELVIS AND ME

● I've just made a documentary about Elvis Presley, which will be on TV in the autumn. I went to the tiny wooden shack where he was born, which was built by his father and had no running water or heating. His mother went into labour in midwinter and it was only after

the baby was born dead that they realised there was another baby – and that was Elvis.

● The first baby was called Jesse and they buried him in an unmarked grave. They were poorer than their black neighbours, growing up in a time of strict segregation, but

as a family they were colour blind. Elvis adored gospel singing and rhythm and blues.

● Priscilla Presley took me around Graceland, which was amazing. Learning about Elvis touched me. He gave away everything – all his friends were given houses, cars and jewellery.

● I have always been a huge Elvis fan. The first record I ever bought, when I was 10, was *Blue Suede Shoes*. Elvis would have been 80 this year and I love him because he was the most beautiful boy in the world; I love how he swivelled his hips and how he called interviewers 'sir'.

## Why I love the Marks & Spencer Spark Something Good campaign

● Marks & Spencer is committed to being the kindest, greenest, most socially responsible retailer on the planet. I love the company for encouraging staff and customers to look out for the community and to remember that they are part of it.

● This new campaign is entirely about giving time, effort, skill, love and energy. If you want to get involved, you can find your own community project or you can go to your local M&S and see what they are embracing. We all live in communities, but it's very easy these days to forget that; we have to remember that we are human beings and that we flourish when we do things together.

● My mother said: 'Always volunteer – you never know what you're going to miss otherwise.' She was always so curious and fascinated by the world and she quite rightly thought that if you volunteer, you'll end up doing something different and meeting someone you wouldn't otherwise meet. Whereas, if you decide to have a night at home watching a box set and eating a box of chocolates – delightful as that can be – you pretty much know what that evening will hold: TV and food!

• To find out more about what's going on in your local area, go to [marksandspencer.com/getinvolved](https://marksandspencer.com/getinvolved)

**Feature:** Alice Mason **Photos:** Brennan McCall  
**Hair & make-up:** Liz Kitchiner **Joanna wears:**  
Jacket: top, both Marks & Spencer. Trousers,  
Closet London. Earrings, Feather & Stone.  
Stretch bangle, Joules. Bangles, Florelli.  
Shoes, Carlo Pazzolini



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## WIDE-LEG TROUSERS

Looking for an alternative to everyday trousers? Roomy wide-legs are this season's top trousers of choice. Worn with slim-fit knits to balance proportions, they look fabulous day or night. Keep accessories minimal – this is how to do easy elegance.

Wide-leg **trousers**, £89, 8-18, Phase Eight.  
Pocket-front **jumper**, £28, 8-18, Jasper  
Conran at Debenhams. Non-fastening  
**coat**, £69, 8-22, Marks & Spencer ➔

Fashion inspiration

# YOUR NEW-SEASON MUST-HAVES

Sleek, classic staples are the building blocks of any autumn wardrobe. Let's get ready to dress for cooler days







## A SLEEK LEATHER SKIRT

What to wear when you have nothing to wear? A black leather skirt, of course! We love this hero piece for its year-round appeal and its ability to be paired with anything. This autumn, we're swapping our classic leather pencil for a modern pleated A-line. Wear with ankle boots to look grown-up not girly.

Colour-block **jumper**, £55, xs-xl, Great Plains. Faux-leather pleat **skirt**, £29.99, xs-l, Lindex. Ankle **boots**, £68, 3-8, Next



## SHADES OF GREY

From gunmetal and concrete to charcoal and slate, sophisticated grey tones worked into your daily wardrobe will take you into autumn beautifully. Play with textures to add depth, and finish with a grey sweater knotted around your waist.

Wool **jacket**, £129, 8-18, Fenn Wright Manson. Long-sleeve **T-shirt**, £12.95, xs-xxl, Gap. Wool **trousers**, £45, 8-22, Autograph at Marks & Spencer. **Jumper** (tide around waist), £29.90, s-xl, Uniqlo







## A SLEEVELESS COAT

The sleeveless jacket is a great update on your usual 9-5 blazer and will give outfits an instant style injection. There's only one rule: the hemline must fall below your bottom (or longer). And it's best worn with sleeves underneath to nail the modern layered look.

Sleeveless **jacket**, £45; shirt **dress**, £30, both 8-18, Jasper Conran at Debenhams.  
Cotton **shirt**, £20, 6-22, Next



## A CREW-NECK JUMPER

Simple sweaters have ditched their dress-down status and become seriously fashionable. Forget pairing with jeans and partner instead with a glam skirt to look showstoppingly gorgeous.

Chunky **jumper**, £24.95, xs-xxl, Gap. Silk, maxi **skirt**, £85, 8-18, Phase Eight. Tweed **brogues**, £75, 3-9, Hotter 





A person is sitting on sand dunes, wearing a dark olive green military trench, dark leather trousers, and black leather boots. The person's hand is resting on their knee. The background shows tall grass and a sandy dune.

## A MODERN MILITARY TRENCH

Master autumn's love of all things military. We're trading in our classic beige trench for a cool khaki version. This one unzips and transforms into a cropped jacket – two cover-ups for the price of one? Genius! Add a white button-up blouse and peep-toe boots for a fresh take on tomboy.

Military **trench**, £189; long **blouse**, £79, both 8-18, Mint Velvet. Leather **trousers**, £99, 6-22, Autograph at Marks & Spencer. Leather **boots**, £139, 3-8, Mint Velvet ➔



## A CHIC JUMPER DRESS

Yes, a feel-good woolly dress can be luxe. Nothing looks more sophisticated than soft creamy colours. Wear now with bare legs and brogues or with opaques and Chelsea boots come winter – you'll have a hero piece to last you through to next spring!

Jumper **dress**, £34.99, xs-l, Lindex.

**Socks**, £6, one size, Sockshop.

**Loafers**, £32, 3-9, Next





## A TIMELESS WRAP COAT

You may still be enjoying your summer hols, but now is the time to get ahead and invest in your key autumn/winter pieces. Want a stunning coat with longevity? In this baby, you'll turn heads! It will earn its price tag by taking pride of place in your wardrobe for years to come.

Wrap **coat**, £399, 8-18, Fenn Wright Manson.  
Military **shirt**, £35, 6-22, Next. **Culottes**, £45,  
6-22, Autograph at Marks & Spencer

**Styling:** Amanda Marcantonio

**Assisted by:** Helen Johnson

**Photography:** Catherine Harbour

**Hair and make-up:** Ian McIntosh

*For where to buy, see page 160*



## Fab footwear

### BOYISH BROGUES

Our favourite menswear-inspired flats have been revamped for autumn with luxe details and on-trend metallics. Splurge on a leather pair as they will get better with age.



**Brown**, £69.95, 3-8, White Stuff



**Navy**, £79.95, 3-8, Moda in Pelle



**Rose gold**, £95, 3-8, Office



**Snakeskin**, £59, 3-8, Marks & Spencer

## SHOES YOU'LL LOVE the highs and lows

**Burgundy**, £69, 3-8, Carvela at Kurt Geiger



**Silver**, £295, 3-8, Clarks



Now's the time to treat yourself to some seriously swoon-worthy new-season shoes



## LUXE LACE-UPS

We've fallen head over heels for these strappy lovelies and think you will, too. Adored by celebs and fashion editors, they make even the simplest of outfits look showstopping.



**Navy**, £35,  
3-9, Next



**Snakeskin**,  
£28, 3-8, Very



**Black**, £85,  
3-8, Dune



**Snakeskin**, £16,  
3-8, Primark



**Black**, £35,  
3-8, Marks  
& Spencer



**Metallic**, £129,  
3-8, Dune



**Khaki**, £70,  
2-9, River Island



**Black, £100,**  
3-8, French  
Connection

**Gold, £24.99,**  
3-9, New Look

**Velvet, £19.99,**  
3-9, New Look

**Leopard,**  
£75, 3-8,  
M&Co

## HEAD-TURNING HEELS

Super sleek and super chic, stilettos are this season's glam footwear staple. Did we mention pointy toes make your legs look long and lean? What more could a girl ask for!

**Black, £199,**  
3-8, Kurt Geiger

**Rose gold,**  
£79, 3-8, Dune

**Snakeskin,**  
£79, 3-8, Jones  
Bootmaker



## POINTED SLIPPERS

Perfect for on the go, these grown-up flats will add polish to everything from a pencil skirt to skinny jeans. Pick an embellished pair to take you from day to night.

**Navy**, £29.50, 3-8,  
Limited Collection  
at Marks & Spencer

**Embellished**,  
£35, 3-8, Marks  
& Spencer

**Burgundy**, £89, 3-8,  
Jones Bootmaker

**Leopard**, £89,  
3-8, Jones  
Bootmaker

**Embellished**, £29,  
3-8, RJR.John Rocha  
at Debenhams

**Glitter**, £89.95,  
3-8, Maison  
Scotch

**Teal**, £35, 3-8, Faith  
at Debenhams

For where to buy, see page 160





Earrings,  
£15, Marks  
& Spencer



Blouse, £26,  
6-24, Next

### STYLE IT!

● Use accessories strategically. Wear showstopping earrings to divert the eye upwards, while a chunky necklace keeps things in proportion.

# BUSTED!

## Style secrets for dressing bigger boobs

Learn to love your natural assets with these tips to dress your bust best



Green lace  
bra, £75,  
32B-38E,  
Wacoal

Floral skirt,  
£45, 8-22,  
RJR.John Rocha  
at Debenhams



Red bra, £28,  
30DD-38K,  
Curvy Kate  
at Studio 8

Navy and  
yellow bra, £27,  
28E-H; 30D-J;  
32B-38J, Cleo  
by Panache

### STYLE IT!

● Add balance to a top-heavy figure by drawing attention to your lower half. Stock up on statement prints or block colours.

● Wearing a bra that's the correct size will make the world of difference. It'll keep your chest supported and waist defined, and you'll instantly look 5lb slimmer with the bonus of perkier boobs.

So get measured today!

● Think you can't wear shirts? Think again! M&S has developed clever peep-free shirts that use a hidden panel and concealed extra buttons to stop them bursting at the seams.



Jacket, £75;  
top, £20;  
trousers,  
£45, all 14-26,  
Elvi.co.uk

A contrasting jacket worn open creates a long line making you look taller and trimmer and shaving inches off your chest!



Lime blouse,  
£35, 6-22,  
Marks &  
Spencer

Black  
leather  
skirt,  
£52, 6-14,  
Paisie.com

Balance a loose-fit top with tailored trousers or a pencil skirt



# Chic for your shape



**Black dress,**  
£45, 8-22,  
Marks &  
Spencer



**Necklace,** £25, Betty  
Jackson. Black at  
Debenhams



**Statement  
dress,** £150,  
16-24,  
Studio 8



**Belts,** £8 for three,  
Accessorize



**Denim dress,**  
£89, 6-20,  
Phase Eight



**Leather jacket,**  
£199, 8-18, curvy  
to super curvy,  
Pepperberry



**Heels,** £49, 3-8,  
Debenhams

## STYLE IT!

● You can lose your waistline when you have a large chest. It's time to reclaim it with tummy-trimming belts that cinch in the middle.

## STYLE IT!

● Pepperberry is your go-to brand for clever clothes designed for bigger busts. Available in sizes curvy, really curvy and super curvy, so you can finally get that perfect fit – no upsizing required!

● It's all about neckline know-how. A slight V-neck is minimising, a deep V-neck will enhance a cleavage, and scoop or square necks are face-framing. However, avoid high necklines.

● Skip structure up top. Soft, silky fabrics have the flatter-factor as they'll skim over your curves without pulling.



**Wrap dress,**  
£45, xs-xl,  
Great Plains



**Red  
jumpsuit,**  
£75, 6-14,  
Paisie.com

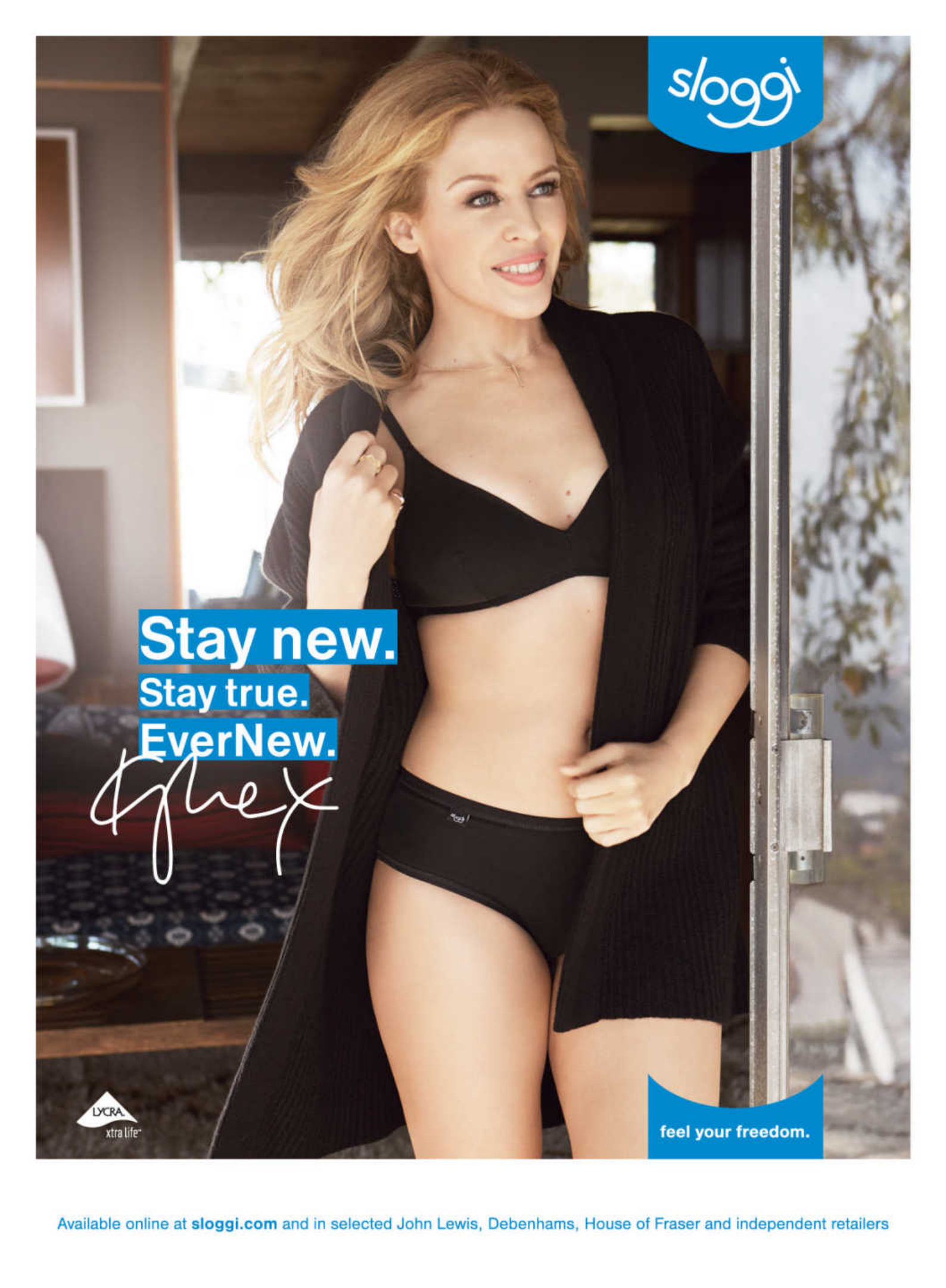


**Maxi dress,** £80, 12-32;  
**bag,** £28; **wedges,** £38,  
4-9, all Simplybe.co.uk

*If you're larger than a D-cup, wrap-tops and dresses are your secret weapon*

For where to buy, see page 160





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## NEW-SEASON WISH LIST

We've fallen in love with Laura Ashley's latest collection – it's our favourite so far. The flattering silhouettes, painterly prints and neat, chic basics are everything our wardrobe is craving right now.

*This floral frock is our top pick – it looks great teamed with boots or sandals*



Floral **dress**, £75, 8-20, Laura Ashley

Denim **shirt**, £55; floral **skirt**, £55, both 8-20; **tote bag**, £35, all Laura Ashley



## Ahead of the curve

Introducing the latest brand we're lusting after... Studio 8. From the design team at Phase Eight, this chic new curvy brand is your one-stop shop for stunning evening wear and seriously stylish staples in sizes 16 to 24. Glam clothes to dress your body best – we're seriously impressed!



Red **jacket**, £99; **trousers**, £69, both 16-24, Studio 8

# Buy it, wear it, love it!

## Win £250 to spend at White Stuff!

If it's casually cool pieces you want, we suggest you take a look at White Stuff. Loaded with stripes, bold florals and easy-to-wear denim, its new range will give your off-duty wardrobe a whole new twist. We've teamed up with White Stuff to offer two lucky readers the chance to win £250 to spend.

● To enter this comp, visit [prima.co.uk/whitestuff](http://prima.co.uk/whitestuff) by 5 September\*.

TERMS AND CONDITIONS: \*Open to UK residents aged 18 and over. Competition closes midnight 5 September 2015. The prize is for a gift voucher worth £250 to spend at White Stuff. Prize is non-transferable. No cash, voucher, gift card or other alternatives. Two winners will be randomly selected from entries received. Hearst Magazines UK reserves the right to amend T&Cs at any time.



## SUPPORT JEANS FOR GENES DAY

Shopping combined with philanthropy always feels great, which is why we're snapping up this year's Jeans for Genes Day T-shirt (seen here modelled by our very own columnist, Caroline Quentin!). All proceeds from the sale of the £20 tees will go towards supporting children with genetic conditions, and their families.

**T-shirt**, £20. Jeans for Genes day is Friday 18 September. For more details, visit [jeansforgenesday.org](http://jeansforgenesday.org)



**Necklace**, £45, Coast

FASHION EDITOR loves

*Accessory revamp = instant outfit perk-me-up!*



# Do less, GET MORE...

Yes, it is possible – really!  
We're loving entrepreneur and  
author Shaa Wasmund's design  
for a much simpler way of living



**L**ooking back now, I can barely recognise myself or the life I was living a few years ago. The world champion

of being busy, I thought mindfulness was remembering to pick up my keys before I left the house. I was running a successful business, had a bestselling book and all the outer trappings of success – a gorgeous house, a lovely holiday home, the latest gadgets – but it wasn't enough. I thought that I wanted more, but really, what I needed was less.

Six years ago, my world fell apart when my gorgeous, wonderful partner Steve, the father to my beautiful son, passed away at just 36. My knee-jerk coping mechanism

was to fill my schedule; if I occupied every single minute, I wouldn't have any time left to think or to process what I was feeling.

For a while, it worked, but soon the tables turned. The second my mind started to wander, I'd just pull the ties tighter with more responsibilities, more emails, more projects, more, more, more... And then one day, my son looked up at me and said, "Mummy, why are you always busy?" He was six.

It had taken the eyes of a child to show me that I needed to get off the hamster wheel. It was time to make decisions about what was important. To start filtering out the noise so I could hear my own voice – and actually listen to it.

I gave myself time to think about what I wanted my future to look like. I loved

helping entrepreneurs through my blog (shaa.com) and workshops, but a lot of the work I was doing wasn't fulfilling any more. I needed to learn to stop saying yes to everything. When I did that, I realised that the most successful projects and relationships in my life – the

ones I really connected with – all had something in common. They worked not because I threw my attention and energy into them all the time, but because I gave them

the right amount of attention at the right moments, and then stepped back and gave them the space to naturally unfold.

I decided to experiment with applying this principle of doing less to all the areas of my life. Instead of beating myself up that I didn't have time to go to the gym

**'I thought that  
I wanted more,  
but really, what  
I needed was less'**

## 5 ways to do less and get more

### 1 Schedule in 'me time'.

Write it in your diary as if it were a doctor's appointment; it's just as important as one. Make it non-negotiable; it's easy to let the things you really want to do get pushed back by the tide of daily details, so get your me time, family time and fun time scheduled in early, and guard your diary like your life depends on it. Because it does.

### 2 Use systems, rituals and rhythms for less stress.

We all know when we operate at our best, so plan your work around that. Following your natural rhythms throughout the day helps you work far more effectively. So, if you're an early riser, use that time for creative work, not answering emails. Batch things together: if you have chores to get done, do them; carve out three hours every month to stay on top of your finances. You'll have an easier time moving from one task to the next, rather than constantly flitting between five things at the same time.

### 3 Do what you love.

Everyone is doing a million things at once, but there's no point in doing something if it doesn't light you up, even if you're good at it. So instead of trying to conform with expectations – yours or other people's – try only doing exactly what you love, and nothing else. It's incredibly freeing! If you dislike your job, don't squander your free time. Ask yourself what would need to happen for you to have a new career? Could you gain new skills or take an evening course? Prioritise doing that.

### 4 Cut the clutter.

Reduce the amount of toys, books, clothes and stuff your home contains, as well as any bright lights, loud noise or other sensory overload. When you physically create space for yourself, you'll feel more relaxed and have the room to let your creativity unfold. The same goes for your mind – don't let yourself be your biggest stumbling block.

### 5 Learn how to say no often, politely and without guilt.

This one can be especially hard for women, since we can feel guilty for rocking the boat or feeling like we're letting people down. But life is too short to overcommit yourself to lots of things you don't want to do – you need time to focus on your own goals and dreams, not just other people's. Want to know the biggest benefit of saying no? You get more time to say yes to the things, people, places and projects you really care about.

#### A QUICK AND EASY WAY TO DETERMINE WHETHER A REQUEST IS A YES OR NO:

##### SAY YES IF:

- It needs to be done
- It's worth doing
- You are capable of doing it
- You want to do it
- Your head and heart agree

##### SAY NO IF:

- Its purpose is unclear
- It's not going to benefit you or your partner in the long run
- Someone else could do it equally well or better
- Your motivation to say yes is fear – of how you might look or what the other person might say
- Your head and heart disagree

Shaa's book *Do Less, Get More* – *How To Work Smart & Live Life Your Way* (Penguin, £12.99) is out now



for 90 minutes, I just walked outside my door and went for a run for half an hour, but I did it consistently. I stopped saying yes to everything and instead found more time for those I cared about the most.

The results were dramatic – and much more so than when I was running myself into the ground.

Now I want to help everyone to be able to do what I've done. To take that journey from trying to do it all, to realising that "less is more". Time, not money, is our most valuable commodity, and we need to learn how to invest it more wisely.

It's up to you whether you want to keep all those plates spinning at the same time, or let one rest for a while, or even drop it altogether. If you want to find more time for your family, write a book or take the leap and start your own business, you *can* do it. Anything is possible when you stop trying to do everything at once.'



# ‘Our new directions’

It's not just teens and twentysomethings who can go on far-flung adventures, retrain, take exams or go to uni. Meet the four readers who prove that it's never too late to challenge yourself and change your life

## ‘People are surprised to welcome me as their plumber!’

**Natalie Foster, 32, is from Bromley, Kent. She is challenging stereotypes with a hands-on apprenticeship.**

**‘W**hen I was a child, my mum hated giving me presents because I'd always take them apart to see how they worked! I knew from an early age I wanted a hands-on job.

But at school, girls tended to be steered towards academia or professions such as hairdressing or beauty. None of that appealed to me, so after two years at university studying sociology, I got a job as a barmaid. I worked really hard and, five years on, I was the deputy pub manager. Ironically, that's when I lost my love for the job. I found myself stuck behind a computer, craving that one-to-one contact with the customers again. It was frustrating and the long shifts – sometimes from 8.30am until 2am – were taking their toll on my health. I lost a lot of weight, felt tired all the time and missed out on all the family gatherings and friends' nights out.

When I turned 30, I decided if I didn't quit and retrain, I'd never do it. So I applied to do a one-year college course in plumbing, which

ticked all the boxes for me. It was hands-on, there was lots of contact with customers and it rekindled my love of fixing things.

Giving up a £25,000 salary was a huge gamble. I had to work part-time in a kitchen, on the minimum wage, to fund my studies (which cost around £1,000). I only managed because I lived with my mum. My family were supportive and they were delighted that I'd finally get to see them more.

### FINDING AN APPRENTICESHIP

Afterwards, I ended up in commercial plumbing, fitting out new offices. Deep down, I wanted that face-to-face contact with customers so I then applied for a British Gas apprenticeship. I had to go through an incredibly rigorous selection process, including tests in maths, English and general knowledge and two interviews, plus an open day. I was ecstatic three months later when I heard that I'd beaten 10,000 other applicants to land the position!

Now I'm earning £10,000, plus benefits. I spend half my time learning theory and the rest out on jobs with my brilliantly supportive mentors.

I'm learning how to service and repair boilers along with other appliances and

I absolutely love it. There's nothing like watching a boiler spring into action again and telling a customer that you've fixed their heating. The look on their face when they know that they can have a hot bath again is absolutely priceless!

Plumbing can be heavy work but I'm pretty strong and haven't had a problem so far. I qualify next February but, for the next few years, I'll still have to buddy up with an experienced gas engineer – and, after about five years, I could potentially earn up to £35,000.

My new skills are already coming in handy. Recently, my boiler broke and I managed to fix it. It just needed to get pressure back into it – a simple job – but before I'd have had to call out a plumber so I was very chuffed with myself.

People are often surprised when they answer the door to a female plumber, but mostly they tell me it makes a nice change. A couple of times men have questioned whether I'll be able to do a job, but I smile sweetly and say, “Of course I can, I can do it better than the boys.” I'd tell anyone thinking of retraining to go for it. If you are determined enough, you can make it happen. ➔



**‘The look on  
a customer’s  
face when I tell  
them I’ve fixed  
their heating is  
priceless’**

## IS AN APPRENTICESHIP RIGHT FOR YOU?

.....

- The Apprenticeship Guide has a handy interactive map showing employers in your area who offer apprenticeships. For more information, visit [apprenticeshipguide.co.uk/adult-apprenticeships](http://apprenticeshipguide.co.uk/adult-apprenticeships).
- Anyone over 16 can also apply for apprenticeships at [gov.uk/apply-apprenticeship](http://gov.uk/apply-apprenticeship), or call 0800 015 0400 for more details.





## ‘I volunteered and helped rescue lions’

Lorna Parkin, 40, is from Plymouth. She swapped her office job for an adventure in South Africa.

‘**T**aking a deep breath, 15 of us counted “One, two, three” and together heaved the tarpaulin into the waiting jeep. Inside was precious cargo – a heavily sedated adolescent male lion – and we were moving him to another game reserve to stop him coming into conflict with the pride leader. Minutes later, I was helping to monitor his vital signs and measuring his huge teeth and paws. It was daunting being so close to this sleeping beast, but I was buzzing, too. It was only my third day on the Shamwari conservation experience in South Africa and already it had far exceeded my expectations.

As a child, I was always rescuing stray animals and I dreamed of working in that field. But somehow, 20 years ago, I drifted

**‘My previous holidays had mostly involved lying on a sunlounger – now I’m an expert with wild animals!’**

into a civil service job at the department for work and pensions and I’ve been there ever since. A few years back, I seriously considered retraining in animal husbandry but financially it was too much of a gamble without a guaranteed job after the course.

Then, last year, I read a book about elephants and I googled the reserve they lived on. Suddenly, an advert from Worldwide Experience popped up, which was offering volunteering experiences with animals. I called the company and, before I knew it, I’d signed up to go to South Africa the following year.

My previous holidays had mostly involved lying on a sunlounger sipping cocktails, so this was hugely outside of my comfort zone. Thankfully, work allowed

## FANCY A TRIP VOLUNTEERING?

- Worldwide Experience offers numerous volunteering projects around the world. Visit [worldwideexperience.com](http://worldwideexperience.com).
- Volunteer Abroad (VSO) also offers volunteering opportunities in more than 30 developing countries in Africa and Asia. Visit [vsointernational.org](http://vsointernational.org).

me to use all my annual leave in one go so I could go for five weeks. I treated it like a sabbatical, planning carefully and diligently saving the £3,000 cost of the trip.

When I arrived in March, I was nervous. I half-expected the place to be full of students and twentysomethings, but I was pleased to see several older volunteers, including mums whose kids had grown up and who now wanted to do something for themselves.

In the mornings, we'd drive around the 25,000-hectare reserve, monitoring all the animals and checking for injuries. The thrill of watching out for the wildlife, from lions, elephants and leopards to warthogs, giraffes and impala, roaming the plains never faded. In the afternoons, we'd do manual work, such as clearing vegetation. It felt so worthwhile – and, without our help, the conservation area wouldn't be able to run. They do huge amounts to help the native animals and environment.

## SOAR IN SELF-ESTEEM

The trip gave me a confidence boost. I even became an expert with a machete! It was exhausting work and we were all in bed by 9pm, but I felt much stronger and loved the evenings spent by the campfire. It was a world away from my normal life.

I was very upset when I had to leave and I'm already planning a return trip next year. I can't imagine spending a holiday sitting on a sunlounger any more.

The experience made me feel up for new challenges and I even learned to drive when I arrived home. Before, I felt I'd left it too late but being in South Africa made me realise you're never too old to learn anything!

## 'I couldn't believe my GCSE result'

**Zara Priestley, 38, is from Newark, Nottinghamshire. Thanks to a new-found love of studying, she is finally unleashing her full potential.**

**A**t school, I was in the bottom set for everything. Although I tried hard, I never really understood the subjects and was pleasantly surprised when I left at 16 with four Ds and two Fs at GCSE level. Then I went to college and started working in the beauty industry. I loved it and even worked in a salon in Bermuda for six years.

But when I returned to the UK in 2012, I struggled to find work, so the job centre advised me to do some adult numeracy and literacy courses. I was apprehensive; after all I'd never gelled with academic learning. But approaching the subjects as an adult made it much easier. Having more life experience helped me to feel confident in myself and I quite enjoyed the courses.

## NEW-FOUND PASSION

I passed and found work as a beautician shortly afterwards but dipping my toe into education again had made me aware of the possibilities open to me. In Bermuda, I'd read lots of Philippa Gregory novels, which gave me a new love of history. I started watching historical dramas, such as *The Tudors*, and documentaries on subjects like the First World War. I was fascinated by it all, so I decided to take a GCSE in History. I applied to the National Extension College (NEC), which provides distance learning courses, and started in October 2012. It cost £395, but I just considered it an investment in myself.

This time around, studying didn't feel like a chore and, if I didn't understand something, I'd look it up on the internet. The nine-month course focused on the two World Wars and I found it so interesting, I'd study in the evenings then write my assignments on my day off.

The exam was in a school hall filled with 16-year-olds – I felt like I was going back in time! I was so nervous, especially when the results arrived. I was worried that I'd read



it wrong so I asked my friend to double check; I had been awarded an A!

Spurred on, I did the GCSE in English Language and am keen to keep studying more, including A-levels in History and Politics. I feel like there's no stopping me. My employer, QHotels, is offering staff the chance to do a management course so I've also applied for that, and I have even started writing a historical novel, which I hope to get published one day.

Learning as an adult has completely changed my perception of myself. I was always labelled as someone who was less intelligent than my peers and I finally feel like I've proved everybody wrong. And there's no better buzz than when I'm getting the answers right on *University Challenge* for the first time in my life! ➔

## HOW TO GET STARTED WITH FURTHER EDUCATION

- For more information on further education, visit [gov.uk/further-education-courses/overview](http://gov.uk/further-education-courses/overview).
- Zara studied at the National Extension College; [nec.ac.uk](http://nec.ac.uk).



## 'I study with my daughter'

**Diana Hosten, 56, is from Harrow. She is currently studying for a degree in tourism.**

**M**y 13-year-old daughter, Aaliyah, and I sit side by side in the evening, typing away on our laptops. But we're not checking Facebook or emailing friends, we're actually both studying.

I went back to university in February 2014 when I decided it was time to start living my own life rather than trying to please other people. Although I'd had a secure job in local government for over 20 years, I felt there was nothing more I could learn from my role. If I didn't let go of that stability and start trying to fulfil my dreams then, I never would.

As a child, I dreamed of being an air hostess, but my mum hated the idea and told me she wanted my feet on the ground and not in the clouds. She encouraged me to go into secretarial work. But I never lost my love of travel, holidaying in the Caribbean, America and all over Europe, and always hoped I'd eventually work in that industry.

So, four years ago, I decided the time was right. I started saving for the £6,000 course and left my job in October 2013. It was a huge step to take, but I made sure I researched it properly first. I spoke to the university about finances and was given a £15,000 student loan. (Some universities offer bursaries for older students, although unfortunately mine didn't.)

I started a business management degree in travel and tourism at GSM London college the following February.

Walking into a university in my fifties was pretty daunting so I was pleased to meet an older woman on my course. And the younger students were lovely, too. They ask me for advice and I've never felt out of place.

I must admit I was worried my brain might have dried up after so many years out of education, and there were times in the beginning when it all felt overwhelming. Although I wasn't working such long hours, there were days around my assignment deadlines when my house was a mess and I couldn't think about anything but the essay I was writing. But I eventually became

**'Walking into a university in my fifties was daunting – now I love every minute'**

better at time management, and now I love every minute of it.

I'm at university two days a week and the rest of the week is spent studying. I'm about to start work experience with a travel company, and I'm also hoping to get some part-time work in the industry soon. My main aim is to eventually run my own online travel agency.

For now, Aaliyah and I enjoy doing our homework together and her grades have improved as a result. I'm glad she sees me as a positive role model and I've inspired her to go to university, too, to study fine art.

When I graduate in 2017, I'll be the happiest woman alive. I'm proof that there's plenty of life left in a woman once she's past 50. It's never too late to follow your heart.'



### HOW YOU COULD GET STARTED WITH HIGHER EDUCATION

- Open University offers flexible learning opportunities; [open.ac.uk](http://open.ac.uk).
- You can also find more information about courses and funding at [gov.uk/mature-student-university-funding](http://gov.uk/mature-student-university-funding).
- Diana studied at GSM London. Visit [gsm.org.uk](http://gsm.org.uk) for more details.

**Feature:** Natasha Holt **Photos:** Angela Spain **Diana wears:** Top, Warehouse. Jacket, Warehouse. Trousers, Marks & Spencer Collection. Necklace, Wallis. Shoes, Very Dorothy Perkins.

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Rachael, 48, one of three generations of Astral users

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# When the world is overwhelming

## find calm in the kitchen



Author Jenny Colgan reflects on the powerful ritual of cooking

**Y**es, *The Great British Bake Off* is back on TV, but while some find kneading bread and mixing cakes therapeutic, for me, there's nothing as wonderful as chopping an onion. There is a little magic, I think, in doing so.

It's soothing, a ritual. I can chop an onion without knowing what I'm going to make. If I've had a crazy day, which is every day (I have three kids – Wallace, 10, Francis, seven, and Delphine, who has just turned six and insists that she is not a little girl but in fact

a raccoon – plus a job, a house, the world's best dog and quite a sarcastic husband), just going in the kitchen and starting on the onion is enough to anchor me again.

A delicious, creamy risotto? I do love making risotto; you can stir while you watch *Broadchurch*. A quick stir-fry that the children will say is too spicy but gobble up anyway? Or use red onions and make a sharp, tangy Thai salad? Or a filthy rich puttanesca sauce full of bacon and black olives? Soup if it's raining, and the vegetables are looking a little tired and we have good bread in. Or maybe there's time to throw a flatbread together, with some cumin and garlic – so easy but such a happy thing to eat slathered in butter, with huge burnt holes on the base.

I'm not a great cook (I can hear my husband Andrew's hollow laughter from here), but I always cook from scratch. I'm a firm believer in Jamie Oliver's mantra: it doesn't matter what you cook, just a few fresh ingredients and off you go.

We were lucky enough to live in France for a long time, where they haven't quite got the concept of the ready meal, so

I didn't have a lot of choice but to learn to cook (it probably explains my predilection for onions). This also means our children will eat anything; a typical school lunch (there's no packed lunches in France) would consist of asparagus vinaigrette, coq au vin, then cheese and fruit. So they are pretty forgiving of the things I don't quite pull off – the fish I didn't manage to remove all the internal organs from, for example!

But it's the ritual of bringing us all together I love most. Even though we sit and bolt in five minutes flat, at least we do it

together. We don't put out fine cutlery, but we do sit and make conversation.

In an ideal world, we'd be discussing politics and art and the ways of the world. In reality, it is some small people telling each other they smell and my husband egging them on because he thinks it's funny and someone remembering they need something bizarre for school tomorrow and everyone hurling stuff at the dishwasher like a bunch of uncoordinated monkeys! And sometimes it is great and

**'Sitting and eating together is a reminder that we are a family'**

sometimes it is boring. Because that is family life. But sitting and eating together is a reminder that we are a family.

I was reading a study on Alzheimer's that said the person in the family who cooks often finds it difficult if they get ill to stop cooking for hordes; they often head to the kitchen wherever they are and simply start making dinner.

I understood straight away. If the world is confusing, or difficult, or overwhelming – well, I think if you head to the kitchen, take out an onion and start to chop, everything becomes manageable again. It's as if the onion itself has magic powers. As if, simply by chopping it, you can make everyone come home again.

• Jenny's latest book, *Summer at Little Beach Street Bakery* (Sphere, £7.99), is out now. Jenny supports the Family Holiday Association's #seasidememories campaign, helping families in need have a break at the British seaside. For details, see [facebook.com/famholidayassoc](https://facebook.com/famholidayassoc)



Photo: Alamy



Real lives

# The reality of LIVING THE DREAM

It's that time of year again when we're wishing our holidays could last forever. Who hasn't dreamed of living in the sun? But does a life overseas really bring nothing but happiness? Two readers share their experiences





# ‘When the sun sets over the vineyard, there’s nowhere I’d rather be’

**Yvonne Halling and her husband Jiles, both 56, run a B&B in northern France. They have two daughters, Chloe, 24, and Lucy, 22.**

‘Some moments are so magical they stay with you always. We were sitting at a long table in a barn in the middle of the French countryside surrounded by local chatter, drinking delicious chilled Champagne from the nearby vineyard. Someone tossed a fat, ripe Camembert on to the fire to bake, as a guitar strummed softly.

Through the open barn doors, the landscape stretched far into the distance – lush grass and dense woodland, all burnished gold by the mellow sun of an early summer evening. I spotted our two daughters playing with other children down by the lake, their laughter drifting off on the warm, lazy breeze and locked eyes with my husband sitting opposite. “Isn’t this wonderful?” he whispered.

In the years since that idyllic Sunday afternoon, France has been the setting for many more wonderful memories, but also for some of the lowest points in my life. Yet despite the ups and downs, I’m still here.

We’d moved to France when Jiles was offered a job with a Champagne company. Our daughters, Chloe and Lucy, were under five, and I was excited about the prospect of living abroad. There was a big world out there beyond our Southampton home, and I had visions of cycling in the sunshine and buying fresh produce in local markets.

As always, the reality was very different. I spoke no French and no one else spoke English in the small, regional town. Though people were friendly, I felt isolated and lonely. The girls settled into their school quickly, but I couldn’t speak to the mums outside the school gates. I had to learn

the language fast, so I took lessons and joined a sewing club, just to listen to people speaking French. After six months, I could hold a conversation and, from then on, everything became easier.

When you’re on holiday, you think how lovely it would be to have nothing to do but relax, but after three years of leisure, I was bored. Running a B&B seemed to be the answer; I could be at home for the girls and also meet new people. When I first set eyes on a neglected, shabby house in the lovely village of Verzy, it was hardly love at first sight. However, it had a beautiful garden with cherry and pear trees and, once we’d done it up with two guest rooms, it became our dream home.

The girls were settled, the B&B ticked over and we had lots of French friends. Yet I missed friends and family back home in the UK. I also worried that I was losing sight of who I was. Once, the phone rang and I answered it in French, and the caller, also speaking in French, said he had dialled the wrong number. Then he rang back a few seconds later and it was

Jiles. We hadn’t even recognised each other!

We decided to rent out the house and go back to the UK. But our return home brought with it a series of problems, culminating in our rented house burning down along with half of our possessions!

So we did a U-turn, deciding to go back

to France. Arriving in midwinter to find the gas had been cut off and the threat of repossession after falling behind on the mortgage was as far removed from that idyllic summer barn scene as you could imagine. But living abroad, with no safety net to fall back on, makes you more



resourceful and I came up with a six-page plan to turn the B&B into a going concern.

I rearranged the house so we had four guest rooms to rent out, and set up a new website to reach a bigger pool of customers. I tailored the site towards people wanting to discover the hidden gems of Champagne, and we were mobbed with takers. In the first year after renovating, we made €50,000 and that doubled the following year. I then invested in the advice of a business coach ([fionaharrold.com](http://fionaharrold.com)) and now also offer a mentoring service, giving tutorials and advice on running a B&B to clients all over the world.

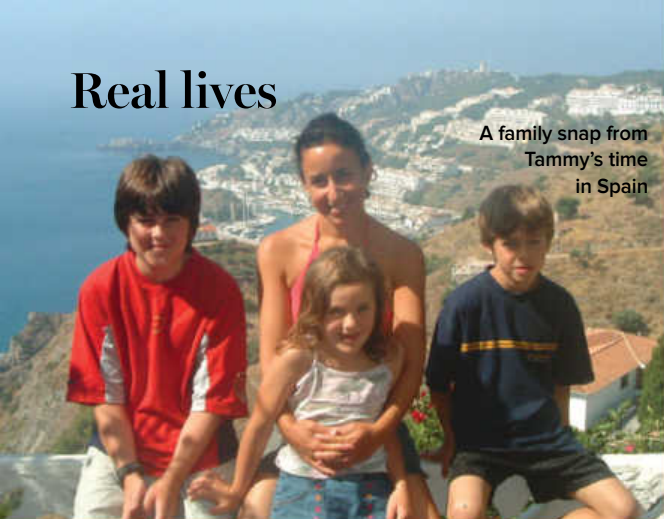
Living abroad might not be for everyone. You need to be confident, resilient and resourceful, as things will inevitably go awry from time to time. For us, it certainly hasn’t been a non-stop holiday. But, when I come home from an evening stroll around the vineyards and sit in our garden as the sun sets, with a glass of local Champagne, I’m glad this is where we’ve ended up.’

• Visit [bedandbreakfastcoach.com](http://bedandbreakfastcoach.com) ➔

## YVONNE’S TIPS FOR LIVING ABROAD:

- Don’t expect other people to fit into your life – you need to fit into theirs.
- Get involved with the local community – join societies, offer free English classes or even a language exchange.
- Try to employ local tradesmen – it will help you integrate more quickly (and it’ll help the local economy, too!).





A family snap from Tammy's time in Spain

## 'No amount of sun can replace that feeling of being "home"'

It was two thirds of the price of our London house, leaving us enough money to see us through the first year. The night our offer was accepted,

we sat in a bar and knew beyond all doubt that this would be the right move for us.

And for a long time it was. The first few months were like an endless holiday. I was a freelance writer used to working from home while Michael, who had plans to open a bar, took a few months off to find the right premises. We'd have long lunches on our terrace followed by afternoons on the beach. Otis, then 12, loved the nearby international school and while the younger two were finding the village school tough, we convinced ourselves they'd settle in once their Spanish improved.

The next three years passed in a sun-kissed blur of lazy days, barbecues on the beach and all-night fiestas. In the evenings, we'd sit outside drinking wine that cost less than bottled water and talk about how lucky we were.

But shadows began to fall across our brave new, sunlit world. The quaint village school, with its reliance on learning by rote from text books, was worlds away from the creative local primary we'd left behind. We switched Jake to the international school – an extra cost we hadn't envisaged. The bar Michael had started up was running into difficulty as the once buoyant Spanish economy started to unravel. But, more than that, our integration into local life was slow. Though

our Spanish wasn't bad, the friends we made came from Madrid or Granada – not our village – and doing anything official was a nightmare. Life in Spain was good, but we missed feeling like we belonged.

By the start of 2008, the Spanish economy was in dire straits. Michael's bar closed down, leaving us pretty much broke. Suddenly it felt like the holiday was over. Billie was still unhappy at school and I found myself spending more time online reading about events in the UK – book groups, festivals, debates – and feeling I wanted to be part of them. With Otis about to start sixth form, it felt like it was now or never if we wanted to move back.

So in September 2008, that's what we did, alongside an estimated 79,000

other expat Brits who return each year. The transition was painful. We had little money and, with the house in Spain now unsellable owing to the property crash, we moved into a much smaller rented place in London. Seven years on, the Spanish house remains let out to friends until the market improves enough for us to sell it and start again here. But I still feel coming back was the right move.

We all loved our Spanish sojourn but it also gave us

a new appreciation for the UK – the humour, the shared cultural references, even the obsession with the weather. Holidays, especially four-year ones, are fantastic, but in the end there really is no place like home.'

• Tammy Cohen's new novel, *First One Missing* (Doubleday, £14.99), is out now

**Novelist Tammy Cohen, 51, moved to southern Spain in 2004 with her partner Michael, 56, and three children: Otis, now 23, Jake, 20 and Billie, 18. They moved back to London in 2008.**

**S**ometimes, when I'm gazing out of my window at another grey day, I think about being on the terrace of our beautiful house in Spain overlooking the Mediterranean Sea and I ask myself what the hell we're doing back here. A few years ago, we had a life most people can only dream of. A lovely home, great friends, non-stop sunshine, minimal stress. And yet something was missing – something I can only describe now as a sense of "home".

Back in 2004, we were, like many parents of young children, feeling ground down by routine. Life seemed like an ongoing juggling act between work and childcare, and weekends were too often spent in hideous soft play centres or cooped up indoors watching the rain. We yearned for a change and some sunshine. When friends told us they were moving to a little seaside village called La Herradura in southern Spain, where the sun shone 320 days a year, we didn't need much persuading to join them.

We were ripe for adventure. Within weeks, we'd sold our five-bedroom house in north London. On a three-day trip to Spain, we bought a four-bedroom house with a separate apartment on impulse, seduced by the 180-degree sea views.

### TAMMY'S TIPS FOR LIVING ABROAD:

- If possible, rent for a year to test the water.
- Putting kids into local schools is ideal, but look around first to find the best one for your child.
- Remember, it's possible to spend a few years away and then return without burning bridges.



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# 'How I overcame my fear of motorways'

Shaking, sweating, a full-scale panic attack – Fiona Gibson vowed never to drive on the motorway again. Could a single lesson cure her 12-year phobia?

**A**s a young woman, I was a fearless driver. Motorways were no problem and, when my twin sons were born in 1997, I ferried them around with confidence.

Our daughter followed three years later and it was during a trip to Glasgow with her – an hour's drive from our home in Biggar, Lanarkshire – that everything changed.

Although I was looking forward to shopping with my mum, I was feeling exhausted by the demands of parenthood. As we neared the city and the traffic increased, my hands started sweating and my heartbeat galloped. A sudden thud made me scream; a large bird had hit the windscreen. Trapped in the middle lane, between fast-moving vehicles, I was convinced I'd lose control and kill myself and my toddler daughter.

Trembling, I pulled off at the next junction, gasping for breath. Somehow, I managed to meet my mum and admitted I'd felt "a bit funny" while driving. "I'm driving you back," she said. "I'll be fine," I insisted, but the journey home was just as terrifying, so much so that I vowed to never put my children in such danger



On the day of the lesson, I was a bag of nerves, even in John's dual-control car. As we approached the motorway, I could sense my heartbeat quickening and my hands sweating, but when John explained he'd take control as we joined it (I just had to keep my foot on the accelerator), the relief was immense.

For me, the scariest aspect of driving had been the possibility of "losing control" and crashing. With



**'More than just a driving lesson, this was driving therapy'**

again. What kind of parent was I if I couldn't transport them safely?

I swore off motorway driving for good and my husband Jimmy willingly took the wheel for long journeys. When travelling alone, I relied on slow country roads, or trains and buses. While I could still get around, my life felt ridiculously limited. The usual 90-minute drive to visit my dad now took half a day on public transport.

Yet, when I shared my fears on Facebook many years later, I was amazed by the reactions of friends. So many bright, capable women confessed to resorting to beta blockers or hypnotherapy to cope with fear of driving, and one told how she'd "ended up on the M62 and nearly had a heart attack".

Finally, a few weeks ago, as we made plans to move to Glasgow, I decided that now was the time to tackle my phobia. The nearby stretch of the M74 is fairly quiet, and my sons – now 18 – are taking driving lessons from an excellent, gently spoken instructor, John.

I tentatively told John about my fear of motorways and he reassured me that it was very common. "I've just helped someone else to overcome it," he said. So I booked a £40 lesson.

John beside me, that wouldn't happen. What's more, I could be honest about why the motorway scared me. More than just a driving lesson, this was driving therapy. My speed increased. Ninety minutes in, I was feeling almost as confident as the breezy driver of my youth – I'd done it!

I came home feeling prouder than when I'd passed my test, and booked one more session with John just to nail it. This time, I wasn't nervous at all and chatted away happily! I have since driven alone on the motorway and could kick myself for allowing my phobia to limit my life. I'd chosen avoidance as a tactic, rather than dealing with it. There's nothing shameful about a driving phobia and, I promise, if I can conquer it, anyone can.'

• *Refresher driving lessons, including motorway driving, are run by BSM (bsm.co.uk) and the AA (theaa.com). Fiona's novel As Good As It Gets? (Avon, £7.99) is out now*



**No fear: Fiona has regained her confidence and is glad to be back in the driving seat**



# Business is blooming!

Ever passed a florist and wished you could create a beautiful bouquet? Well, you can, say these women with flower power

## ‘My wedding inspired my new career’

**Sarah Diligent, 34, from Popham, Hampshire, discovered a hidden talent for floral design when she got married.**

‘Looking around at the gorgeous scene, I was even prouder than the average bride on her wedding day. The reception venue was filled with the scent of sweet peas, garden roses and herbs cascading from vintage teapots and vases. It looked beautiful – and I’d done it all myself.

I’ve always been creative, so when my other half Marc and I got engaged in 2011, I knew I wanted to do something special for our wedding. I loved the idea of creating my own bouquet and treated myself to a bouquet-making afternoon.

I was instantly hooked, signing up for a £350, 10-week evening course at a local college, fitting it in around my work as a nanny. Learning about various techniques such as hand-tying bouquets and experimenting with different flower combinations was fascinating. I was thrilled when I got a distinction in the course.

I loved the creativity of it all and, after our wedding in July 2012, I wondered whether I could make this my new career. Marc was very supportive, so I did a four-day intensive course at The Covent Garden Academy of Flowers in London that taught me all the nitty-gritty, like how to give a realistic quote, factoring in the cost of flowers, delivery and packaging.

By the time I finished, I was certain this was my future. Meeting Sybil, a trained florist who became my private teacher, was the next step. I paid £10

an hour for her to teach me how to make buttonholes and wire wedding bouquets, renting a converted garage for £5 a day for our lessons. Every week, Sybil would set me homework and I’d sit at the kitchen table, surrounded by stems, ribbons and flowers as I became quicker and neater.

Growing more confident, I cut down my days as a nanny and decided that I wanted my business to be artisan, personal and British; our blooming countryside, bursting with lily of the valley, peonies and garden roses, inspires me daily when I’m out walking the dog.

After printing some business cards (£300), buying a laptop (£600) and registering my new business, Floribunda Rose, I was ready to take on my first wedding in June last year. The bride was Gemma, a calligrapher I’d met while planning my own wedding.

I felt honoured and nervous, too, hoping I’d interpret her brief correctly. Luckily, it all went well and, as I became more experienced, I found my own way of doing things. Now, I always have a proper consultation with a bride to get her ideas and tastes, then create a moodboard using Pinterest. For a personal touch, I do things like incorporate a bride’s grandmother’s brooch into the

bouquet so, even if they’re not there on the day, the bride feels connected to them.

I hire a van when I need it and, by keeping costs low, I can balance the books, charging about £65 for a hand-tied bouquet, between £500 and £2,000 for a full wedding, and £125 for workshops I advertise on [Notonthehighstreet.com](http://Notonthehighstreet.com).

### HAPPY DAYS

Set-up costs meant that in the first year I made a slight loss, but now I’m in profit. I’m taking home less than I did in the nanny job, which I gave up this April. But the business is so much more to me than hard cash; the joy it brings and the people I work with make it all worthwhile. I’ve had such lovely feedback, with couples even emailing from honeymoon to say how much they adored their flowers! I love being my own boss and, while it won’t make me a millionaire overnight, it’s likely to keep me happy for years to come.’ • [floribundarose.com](http://floribundarose.com) ➔





### SARAH'S TIPS:

- A floristry business is all about beautiful things so it's worth spending extra on lovely business cards, as this is the first impression customers will have of you.
- Buy the most seasonal, preferably British, flowers that you can. And remember, it's always better to have a few fabulous flowers than lots of average ones.



# ‘It’s so satisfying to grow my own’

**Paula Baxter, 52, sells flowers from her own garden in Foulden, Berwickshire.**

‘**G**rowing up in Sunderland, we only had a tiny garden, but I clearly remember my mum asking if I wanted to choose some seeds to sow and the pleasure I got from seeing the plants thrive. So, making my living growing flowers is a real return to my first love.

When our children Ben, 31, and Sian, 28, flew the nest five years ago, my husband Ray, 51, and I decided we wanted a new challenge and bought a smallholding in our favourite holiday spot in Scotland, 70 miles north of our old home. Made up

of two cottages and surrounded by four acres, it was hard work, but having kept allotments in the past, we were confident we could make money from our land.

I kept my part-time job at a charity as a business development manager as we considered our options. I thought about the roadside stalls of flowers that I’ve always loved, but when I came across a group called Flowers from the Farm – a network of people growing their own and making money from it – I realised I could do a bit more than a stall! Still cautious, I bought a few packets of seeds and sowed them in the autumn of 2012. The foxgloves, dahlias and chrysanthemums came up beautifully the next summer,

and I sold some for £3 a bunch and gave others away to generate interest. Everyone in the area loved that something so beautiful was growing locally, and they were keen to support a new business.

Spurred on, the next year I planted more, selling the flowers in the local shop, art gallery and on my stall outside. I charged between £26 and £40 for the bouquets, developing an artisan hand-tied style. I kept a close eye on social media, posting photos on Instagram and swapping information with other gardeners on Twitter. I got so many useful tips – like how to tell whether certain blooms would still flower even if you picked them early – that I never felt the need to do any formal training.

### PAULA’S TIPS:

- Collaboration is key. You can find out so much from other people.
- I learned the hard way that you need to keep the supply of flowers going by ‘succession sowing’. So rather than having everything blooming at the same time, stagger the planting and sowing.

### BRANCHING OUT

Word spread and, by last summer, I was selling to florists and brides who wanted to do their own wedding flowers, which led to my business taking on an exciting new element. I was asked to do a bouquet tied with hand-dyed natural silk ribbon. Scouring shops and sites, I couldn’t find anything. So I made my own – buying some silk online, cutting it into strips and dyeing it with natural colours made from my flowers, leaves and plants.

The ribbons look gorgeous around the bottom of bouquets and now I sell my ribbon to other florists for between £4.50 and £14, depending on the type and size (1.5m x 2cm, 2m x 5cm and 2m x 8cm).

Juggling this and my job with the charity was becoming too much, so I left work this January when I was able to draw an income. By starting small and initially keeping a day job going, I managed to

keep the costs of the business low. Our biggest investment was a £1,200 polytunnel to protect the flowers from the elements, but my main expenses, apart from plants and seeds, now include my website and mobile phone, around £30 a month.

By being outdoors, I feel full of energy and so healthy. Starting this business was one of the best decisions I’ve ever made, and I love the happiness my fresh flowers bring to people.’

• [millpondflowerfarm.co.uk](http://millpondflowerfarm.co.uk)







#### KATHRYN'S TIPS:

- Write a business plan and keep a close eye on your cash flow.
- Research to find the best training for you; there are many options out there and some are very expensive.

## 'I've gone from bank to blooms!'

Doing something creative after having a baby led to a new career for Kathryn Delve, 46, from Yatton, North Somerset.

**B**eing on maternity leave from my job in a bank seemed like the perfect time to take a break from numbers and indulge my creative side. I'd always loved flowers, so I decided to go on a six-month evening course in floristry in Weston-super-Mare, costing £200.

As I picked colours and snipped stems, I had no idea I was taking the first step toward an exciting new career. But I loved it so much that even when I went back to work in 2003, I joined

the National Association of Flower Arrangement Societies (NAFAS), going along to local demos and displays. I was keen to keep my hand in, and learning from other people meant I always went home feeling inspired. Surrounding myself with beautiful blooms and scents was a lovely breather from my busy life juggling work and looking after my boys, Laurence, who's now 15, and Elliot, 12.

I attended more weekend and evening courses and got my Level Three qualification at the Academy of Floral Art, but it was only when I was made redundant in 2012 that the timing was finally right. I'd been at the bank for so long I got a good package and even

an extra £500 to set up a business. It was meant to be!

There's a lot of competition so I spent time thinking about what kind of florist I'd like to be. I was keen to offer something different from the standard bouquets you get in supermarkets and decided that "bespoke" would be my main emphasis. So I named the business Bespoke Blooms.

#### SEASONAL OPTIONS

With my husband Stephen's support, I spent £200 on converting our garage into a workshop. I had a simple toolbox including floristry scissors, knife, secateurs, wire cutters and pliers, and bought an iPad, phone and stationery, spending around £5,000 including my training, which was about £3,000.

Next, it was time to spread the word through local advertising and networking at wedding fairs. I loved doing weddings in summer, but I wanted to make sure I had work in the winter, so I diversified into doing wreath-making workshops at Christmas in the local hotel, charging between £35 and £45 per person. I found

teaching easy – I'd been used to talking in front of 30 bank managers in my old life, only this time instead of discussing spreadsheets and graphs, I'd be showing how to use flower glue and frogs (the plastic foam holders used for flower arranging).

The feedback from students was great, and I was thrilled

when, last November, the Academy of Floral Art asked if I wanted to take over teaching the class in Bristol. So now I teach every Friday and love seeing what my students create. It's fascinating when they're all provided with the same flowers and come up with very different creations!

For the first 18 months, all my earnings were ploughed back into the business, but from last May, I was able to pay myself. I'm earning a lot less than my bank manager's salary, but my overheads are so much lower: no train fares, lunches or having to shell out on an office wardrobe.

Working with flowers is a dream come true and I love sharing what I've learned.'

• [bespokeblooms.com](http://bespokeblooms.com)





# Another chance with a first love

Many of us reminisce about our old flames or teenage crushes. But what would happen if we had another shot with a first love?

**‘It took him 20 years to ask me on a date!’**

**Bryony Dickins, 51, from Uckfield, Sussex, found that true love can be right under your nose all along.**

‘At first glance, my story seems straightforward: I met the love of my life when I was at university. The only thing is, it took me 20 years to realise this!’

It was 1982 and I had started a course in computer studies at Brighton Polytechnic. I soon fell in with a group of blokes on my course – Richard, Dave and Mark. They were a real laugh; I have so many fantastic memories from that time. I found Richard really easy to talk to, and we had lots in common, from our love of *Star Trek* to our passion for Formula One. I thought it was just friendly banter – I had no idea Richard was trying to pluck up the courage to ask me out! Unfortunately, before he had the chance, I was swept off my feet by Mike, a guy from another course. Mike and I married in 1990, but sadly parted seven years later.

After university, Richard and I stayed in touch. I’d always thought him handsome, and his quick wit meant he was great fun to spend time with. As my parents lived near Uckfield, where Richard ran his IT software company, it seemed natural to give him a call when I visited.

Looking back, I was always so relaxed and happy when I was with him. They say that love is blind and, in my case, I simply couldn’t see what was right in front of me! Our timing was always

off – we were dating other people, so the thought of romance just didn’t occur.

During one memorable lunch in 1999, Richard made a chance remark: he was struggling to find good staff and wished he could afford my salary. We both laughed, but when I was made redundant two years later, I gave him a call. He instantly offered me a job, working remotely from my home in Ely.

Everything went smoothly, until one day my computer, linked to those at Richard’s company, caught a virus. I rang Richard in a panic and he teased me about what sites I must have been visiting for it to have become infected. I admitted that I’d started looking at dating sites, and he was shocked. ‘Are you really single?’ he asked.

After a long chat, we finally arranged a date – more than 20 years after Richard had first planned to ask me out!

As I knocked on his door before our date, my heart hammered with nerves. We had been friends for so long, I was terrified that there wouldn’t be a spark between us. But as soon as the door opened, I felt my future unfold.

The evening was fantastic – we talked for hours over dinner and I couldn’t help but notice how attractive he’d become. He was tactile, which I loved, holding my hand at the table. By the end of the night, I knew this was special. Within a few months, I’d moved into his home in Uckfield and, on New Year’s Eve 2004, right at the end of the leap year, I bought a ring and proposed. I wasn’t going to let my chance for happiness slip away again!

Our wedding day was wonderfully romantic. I arrived at the ceremony on a beautiful horse and felt like a princess.

Nearly 10 years on, Richard and I never tire of each other and I thank my lucky stars that I finally saw the lovely man who was always right in front of me.’

## **RICHARD, 50, SAYS:**

‘When I first saw Bryony, I knew I wanted to ask her out – and I was disappointed that I missed my chance. But our story goes to show that patience is a virtue!’



**1980s**



**NOW**



# 'The moment I saw him again, I knew he was my soulmate'

**Kelly Kennedy, 38, from Wadebridge, Cornwall, discovered that an old school friend was her perfect man.**

**W**alking across the muddy field and seeing Jon for the first time in more than 25 years, I felt my heart flutter. We fell into each other's arms and, as he picked me up and swung me around, I felt tingles run through my body. In that moment, I knew I'd finally found my soulmate.

One of my earliest childhood memories is riding my bike with Jon in the local park, close to where we both lived in London. At five years old, romance was the last thing on our minds, but we were firm friends during primary school.

Then, in 1988, everything changed. My parents bought a pub hundreds of miles away in Cornwall. Although upset about leaving my friends, I was excited at the prospect of living by the sea and, at 11, I inevitably moved on. But Jon was keen to stay in touch, sending me a letter and calling me at my new home. He still won't let me forget that I didn't reply!

As time passed, Jon rarely crossed my mind. Little did we know that our lives had many parallels. We both had long-term relationships and, in 2002, Jon became

a father to James, and I gave birth to Owen. Jon's relationship broke down soon after, while I went on to have Max, now nine.

In 2008, I discovered a Facebook group for our old school, Oak Farm Primary. A few of us resumed contact: Natalie, Sarah, Glenn and, of course, Jon – I loved chatting with them about old times.

It was only in 2011, when I had split from my partner, that Jon and I began to exchange more flirty messages. From photos, I could see that his appearance had changed over the years, but I'd have known that lovely smile anywhere!

I felt comfortable confiding in him – our shared history meant he felt familiar and dependable. However, as he worked in London in IT, and I was a massage therapist in Cornwall, meeting up wasn't something that we'd even considered.

But finally in 2012, hearing that I was going to be attending our local Rock Oyster Festival, Jon suggested he come.

When I saw him striding across the sodden field towards me, I recognised him instantly. My stomach flipped as he gathered me into his arms: it felt so natural and easy. Although we'd become very close friends online, I was almost overwhelmed by my feelings when I saw him in person.

I don't know whether it was because of our childhood connection, but there was never any awkwardness; we simply fell in love – we were the missing pieces of each other's jigsaw.

Our sons thankfully got on well, too, and one gorgeous Sunday morning, in May 2013, Jon asked me to take him somewhere beautiful. I instantly thought of Lundy Bay, a lovely cove. Gazing out over the ocean, Jon told

me that he wanted to spend the rest of his life with me and pulled out a ring box. I burst into tears! Our wedding in May 2014 was a wonderful day; everything was perfect.

**'There was never any awkwardness; we simply fell in love'**



Jon still spends weekdays in London for his job, but he is hoping to settle in Cornwall very soon. His son James comes to see us once a fortnight and is an important part of our new family.

Looking back, I can hardly believe that we found each other again. I'm not a great believer in fate, but when my gorgeous husband holds me tight, I know our happiness was meant to be.'

## JON, 38, SAYS:

'I remember being very upset when Kelly moved – and disappointed that my letter went unanswered; I still tease her about it now! When I saw her again, I knew she was The One. That day changed our lives forever.'





## 'I married my first ever crush'

**A fantasy man from her childhood turned into a dream husband for Emily Gorrill, 38, from Lancaster.**

**A**s the sunlight dances through the gaps in the trees and I watch my husband Tim lift our six-year-old son Caleb up on to his shoulders, I feel truly blessed. With our oldest boy Henry, 10, and twin girls Maisy and Essie, three, at my side, I think back to my 14-year-old self and wonder what she would make of this perfect family scene. At that age, the thought of Tim ever noticing me would have been beyond my wildest dreams!

It was 1992 when I first developed feelings for Tim. I'd been invited on holiday to Scotland with my friend Laura and her family. When Tim, then 29, and a family friend turned up in his Escort Cabriolet, Laura and I were both smitten. Tim was tall and muscular with thick,

dark hair – every teenage girl's fantasy! Of course, to him, we were like little sisters, and he'd tease us mercilessly – even throwing sheep poo at me during a country walk – hardly a romantic gesture!

Despite having crushes on boys at school, I used to think about Tim a lot, but life moved on; I fell in love and married at 22. Tim lived locally, so I'd bump into him occasionally. In fact, he was a joiner and we even employed him to lay our floor!

However, when I was 27, my marriage broke down and I moved into a flat on my own. One evening, on a complete whim, I sent Tim a jokey text saying "sheep poo". He made the connection, and we exchanged a few more funny messages.

We finally met for a catch-up during a walk in Grizedale Forest on New Year's Day in 2004 – nearly five years since we'd last set eyes on each other. I was nervous, but really excited. Gone was the lush, black hair and instead, Tim sported a crew cut and designer stubble. He looked completely different, but was as handsome as ever.

Tim was now 43, but this time, instead of being a little girl I was a 28-year-old woman; the age difference that had yawned between

us before no longer seemed important.

After that first day, we were on the phone constantly and two days later he came to see me. We simply couldn't stop talking; we had so much in common and, most importantly,

shared a sense of humour. From that point on, we were inseparable.

Things progressed quickly – and only two weeks into our relationship, Tim proposed. No one could have been more shocked than me! A real free spirit, he had been planning to spend the

next few years travelling around Scotland in a converted truck, but instead he chose me. Nine months later, we were married and I was expecting Henry.

Not many women can say that they married their first crush and, although it ended up taking 13 years for the timing to be right, I often think back to that holiday in Scotland. If someone had told me then that this handsome guy would one day become my husband, I would never have believed them.'

### TIM, 54, SAYS:

'When we first met, I never guessed Emily had a crush on me – she was just a kid. But when we reconnected in 2004, I saw the beautiful woman she'd become. Before, I thought I'd be a bachelor forever, but being with Emily changed my mind.'

**'The age difference that had yawned between us before no longer seemed important'**





*"I really liked the personal service I received and enjoyed the whole process of helping to design my new wig with Gary's expert help."*

**JOANNA ROWSELL MBE**  
OLYMPIC GOLD MEDALLIST

**Aderans**  
HAIR CENTRE

## Looking like a Fairy-tale Princess on her Wedding Day

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Beauty for grown-ups

# My icons of style

Beauty expert, actress Kazia Pelka, reveals the iconic women who influenced her style



When Prima's editor Gaby asked me to write this feature, I was aware of the looks that had influenced me strongly throughout my life, but had never thought about why. As soon as I started writing, it became clear that my first two decades really shaped what I felt about beauty, fashion and style – and still do. I carry in my head so much of what I learned then and, interestingly,

still include it in my own beauty routine or those I create for my clients. Great beauty ideas never date, they continue to inspire us. Here are my favourite style icons...



**'Darling, the legs aren't so beautiful, I just know what to do with them... Make-up? Too bad most of us need it!'**

Marlene Dietrich

## MARLENE DIETRICH

That amazing bone structure!

Some of my earliest memories are sitting on my mum or dad's knee watching the Sunday afternoon film. This was usually a black and white 1940s movie full of glam figures – my favourites being Bette Davis, Greer Garson and the wonderfully enigmatic Marlene Dietrich.

I loved the androgynous tailoring Marlene often wore, offset by lustrous hair and make-up. It was claimed that Max Factor created Marlene's make-up look, but her cheekbones – rumour had it – were further enhanced by the removal of some of her back teeth!

I was fascinated by how black and white films worked, the actresses' looks dependent on light and shade, rather than colour. This was where my passion for beauty and make-up came alive.

**WHAT WORKS NOW:** We may have kissed daytime sculpting goodbye in the 1980s, but you can still carry it off beautifully for the evening. Here's a neat routine that's worth rehearsing – apply in good light, then check in low light...



- I use a very light brown powder eyeshadow (**Daniel Sandler Matte Shadow Cedar**, £9.95, below left), diluted with a little loose face powder. It's about enhancing a natural shadow – use a chubby eyeshadow brush to apply a tiny amount of powder on to the deepest shadow of your cheek.

- Above this, sweep a little blusher high on the cheekbone to give your face a lift.

- Now add a gleam of highlighter directly above the cheekbone. **Topshop Glow Highlighter in Polished** (£9, right) is nice. This subtle layering creates an amazing shaping effect – and you won't need to remove any teeth!







## AVA GARDNER Such perfect eyes!

Make-up artists often say that the 'oval' is the best and most versatile face shape. Ever wondered what a perfect oval looks like? One name: Ava Gardner. Her look was strong and she had the best eyebrows ever!

Her look was timeless and pictures of her could just as easily have been taken of a movie star today.

**WHAT WORKS NOW:** Ava's eyes gave the illusion of tilting up at the outside corner, although they didn't. Create the look with some lash and liner moves...

- Extend your lashes by applying two or three individuals to the outer corners of your eyes. I find it easier to use tweezers to grip the lash and place it close to the natural ones. **Eylure Individual Lashes Fine to Full** (£4.95, above right) give you plenty to choose from in terms of length and volume.
- Create a sultry look with an outer flick of eyeliner. Try **Revlon Colorstay Skinny Liquid Liner** (£7.99, Boots, right). Apply a very thin line all the way along your top lashes, making the line a little thicker from half way along. Then, flick the line up from the lashes at the end. Easy!
- Finish up with lots of black mascara. My favourite for this look is **Max Factor False Lash Effect Fusion Mascara** (£11.99, Boots, far right).



## MARISA BERENSON What fabulous hair!

I think most of us are probably programmed to always love the looks and fashion of our teenage decade best and, for me, that was the 1970s.

There were many images, but the one I remember the most is Marisa Berenson in a gorgeous gold kaftan.

She was chic and glossy with glowing skintones – so different from the pale-skinned stars I had been used to in black and white films. It felt like fashion and colour were exploding. I was intoxicated!

When it came to designers, Halston was my favourite and, while I couldn't afford the clothes (I'm not sure they had them in Leeds, where I lived), I wore his signature scent at the age of 16 and thought I was the bee's knees!

**WHAT WORKS NOW:** We were all green with envy over Marisa's hair – she had so much of it! I longed for her glossy style. The look from all those heady images of Marisa that I still copy today is her wet-look summer beach hair (without all the bling, of course!).



It always looks stylish and, with the right product, does amazing things for the condition of your hair...

- Work **Phytoplage Original Protective Sun Oil** (£16, Look Fantastic, right) through your hair then comb into a neat style. It protects your hair from the harmful effects of sun, sea and swimming pool. It also preserves colour radiance.





### LAUREN HUTTON

#### Embracing the 'flaws'

Before the supermodels of the 1980s – like Cindy or Naomi – there was Lauren: model, actress and muse for Halston. She embodied everything I wanted to be – independent, spirited and dressed by Halston!

She refused to get the gap between her teeth closed up or to have her nose 'fixed'. She truly understood the power of different, which is something I'd love more women to 'get' nowadays. Today, Lauren continues to age naturally with grace; joie de vivre radiates from every photograph of her at every age.

**WHAT WORKS NOW:** The thing to take from Lauren is the power of a positive mindset and what can be achieved with a little self-belief and a little attitude. Embrace the things that make you different as they make you, well, *you*! There is no such thing as 'perfect' – it's all about making the most of what you have. You go girl!



**'Our wrinkles are our medals of life. I don't think I will ever cut my face – once I cut it, I'll never know where I've been'**

Lauren Hutton



### FARRAH FAWCETT

#### It's all about the glow!

A poster of Farrah Fawcett, released in 1976, went on to sell an unrivalled 12 million copies.

I remember exactly where I was when I first saw this poster. I was walking through the ground floor of a department store on my way home from school and it stopped me in my tracks. Never in my life had I seen anyone so blonde, so brown, so glossy, so *everything*! This was 1970s Leeds and grey was the colour of the day. Everything about Farrah gleamed – it was as if sunshine was radiating from the poster.

Legend has it that Farrah styled her own hair and did her own make-up for the photo shoot, her blonde highlights heightened by a squeeze of lemon juice.

Beauty these days is so often overdone, too defined and too obvious, but this image was very simply beautiful.

**WHAT WORKS NOW:** It's all about the golden, gleaming, nourished look of the skin. Recreating this super-flattering style today, even without the added sunshine, really isn't too tricky...

- To create a fresh, glowing complexion, go with a skin enhancer that looks natural. I like **Maestro Liquid Summer Bronzer from Giorgio Armani** (£39.50, House of Fraser, right) neat on the face or mix with body lotion for shoulders and collarbones.

- For glossy and healthy skin, try **Neutrogena Norwegian Formula Body Oil** (£7.99, Boots, far right). It's a sesame seed oil with a lovely light fragrance – apply after a shower to damp skin.





Beautiful you

# Your BEST FACE FORWARD

Confused by what skincare routine to use? These simple anti-ageing steps – all tried, tested and proven to work – will help you choose what's perfect for you now and in the future

**Y**our skincare routine needs to adapt as you age. What worked in your thirties doesn't address your concerns in your forties, and so on. Investing in a skincare routine that works is the key to looking your best, but it can be mind-boggling – especially when there are so many new products all claiming to be the next miracle worker. So stick to what's been proven to work with these simple steps and key ingredients, and you'll get the best results for your needs...

**KNOW-HOW**  
Always give a new skincare routine at least 28 days to see any benefits – this is the time it takes for skin to renew.



## Your 30s

The first signs of ageing

Your thirties are when damage caused by the sun and environmental factors starts to show. 'You'll begin to notice fine lines and wrinkles, especially around the eyes and mouth,' says Jill Zander, founder of the Jill Zander Skin Rejuvenation Clinic. 'Skin can also begin to look duller and less plump, as the rate of new cells being produced by your skin is beginning to slow down.'

## YOUR PERFECT SKINCARE ROUTINE...

**1** Use a good eye cream every morning and evening to firm around your eyes and keep dark circles at bay. Make friends with a vitamin C brightening formula and your eye area will look great now and in years to come.



**SAVE** Formula Perfect Radiance Illuminating Eye Cream (£9.50, Marks & Spencer, left)

**SPLURGE** Kiehl's Powerful-Strength Line-Reducing Eye-Brightening Concentrate (£35, from 1 August)

**2** Always protect your face with SPF30 or higher. And we mean all year, no matter what the weather. This helps prevent premature ageing.

**WE LOVE...** Emma Hardie Protect & Prime SPF30 (£45, right)



**3** Add antioxidants to your morning routine to work with your sunscreen. These fight free radicals emitted from the sun, which speed up ageing.

**SAVE** Paula's Choice

**Resist Super Antioxidant Concentrate Serum** (£30, right)

**SPLURGE** Medik8 CE-Tetra Antioxidant Serum (£63.50)



**4** Layer up with a vitamin C daily moisturiser, too – the perfect remedy for perking up a tired, dull-looking complexion.

**SAVE** The Body Shop Vitamin C

**Glow Boosting Moisturiser**

(£16, right)

**SPEND** Murad

**Essential-C Day Moisture SPF30** (£55)



#### KEY INGREDIENT: VITAMIN C FOR RADIANCE

Studies show that vitamin C is a powerful antioxidant. Not only is it brilliant at giving your complexion a gorgeous glow, it also 'reverses damage caused by UV rays and stimulates collagen, which helps reduce wrinkles and makes skin more elastic,' says Sofia Ben Fadhel from Algenist Skincare Europe.

**5** Don't skip night cream, as using one makes a huge difference to your complexion. While you sleep, your skin is busy regenerating, so a good night cream like Vichy Idéalia Skin Sleep (£26.50, Boots, below) will help it. If your fine lines are prominent, consider introducing retinol to your night-time routine. For more on retinol, see overleaf.



#### KEY INGREDIENT: HYALURONIC ACID FOR MOISTURE

All good skincare products should now contain hyaluronic acid. It retains over 1,000 times its weight in water, so is brilliant for keeping skin well hydrated.

## Your 40s

### Maintain moisture

This is the decade when most changes happen to your skin. 'You begin to see more sun damage in the form of blotchiness, red spots and some uneven discolouration,' says Jill. The production of collagen slows down – a protein that keeps skin elastic. And hormonal changes can thin and dry out complexions due to depleted oestrogen levels, the hormone that helps skin look plumped and radiant.

## YOUR PERFECT SKINCARE ROUTINE...

**1** Layer your skin with a serum under your moisturiser – they're concentrated with anti-ageing ingredients. If the summer sun has brought out brown spots, discolouration or uneven skintone, try switching to one of these more targeted formulas...

**SPEND** Filorga Pigment-Perfect Spot

**Corrector** (£45, Marks & Spencer, above)

**SPLURGE** Rodial Super Acids Daily Azelaic Acid Serum (£78, Space.NK, right) ➔





## Beautiful you

**2** If your skin is prone to dryness, try using a hyaluronic acid serum before your moisturiser.

**WE LOVE...** Indeed Labs Hydraluron Moisture Boosting Facial Serum (£24.99, Boots). Paula's Choice Resist Hyaluronic Acid Booster (£42, right). It can be used neat or added to your favourite moisturiser.

**3** Ask more from your day cream or face oil. Look out for peptide creams that firm the skin, such as Matrixyl 3000 (a proven collagen booster) and hyaluronic acid – the very best ingredient for moisturisation.

**WE LOVE...** Caudalie Anti-Wrinkle Eye & Lip Cream (£26, right). No7 Protect & Perfect Intense Advanced Day Cream (£24.95, Boots)

**4** If you haven't already, add a low-strength concentration of retinol (see below) to your night-time routine. Introduce it slowly, by applying it twice a week until your skin gets used to it.

**SPEND** La Roche-Posay Redermic [R] Anti-Wrinkle Treatment (£29.50, below)  
**SPLURGE** SkinCeuticals Retinol 0.3 (£49, right)

### KEY INGREDIENT: RETINOL FOR WRINKLES

Retinol is the most effective ingredient for treating wrinkles, pigmentation, pore size and acne. But there are drawbacks, as not everyone's skin can tolerate it. And it can make skin more sensitive to the sun, so always wear SPF.



## Your 50s+

### Firm it up

'In your fifties, skin becomes drier as it loses up to 30% of its moisture,' says Jill. Loss of firmness is the major concern, along with cheekbones flattening, the jawline becoming less defined and the corners of the mouth pointing downwards.

## YOUR PERFECT SKINCARE ROUTINE...

**1** Carry on layering your skincare with antioxidants, SPF and a serum for your targeted concerns, as you did in your forties, to fight further signs of ageing.

**2** Convert to a routine with collagen-boosting peptides and hyaluronic acid to plump and firm the skin.

**BEST EYE CREAM:** Clarins Super Restorative Total Eye Concentrate (£54, right)



**BEST NEW DAY CREAM:** Eucerin Volume-Filler Day Anti-Age Cream (£26, Boots)

**BEST NEW NIGHT CREAM:** Olay Regenerist 3 Point Age-Defying Cream Night (£29.99, right)



**3** An alternative is investing in plant-based stem cell products. 'They stimulate collagen and elastin production to reveal younger, healthier, glowing skin,' says Jill. They're fab, but pricey. However, this is about investing in yourself. No need to feel guilty!

**WE LOVE...** Lancôme Absolue Yeux Premium BX Regenerating and Replenishing Eye Care (£66, above right). Elemis Pro-Intense Lift Effect Day Cream (£80, right)



**4** If you've been using retinol at night, start using it more frequently. And if you haven't – now is the time to get started. Just don't forget to use SPF!



# Get smart on size... it matters!

Using the right amount of product is vital. Use too little and you won't reap the rewards, but use too much and you're wasting it. Beauty expert Emma Hardie gives us the low-down on how much we should be using

• ACTUAL SIZES SHOWN

## SERUM

All you need is three to four drops applied to cleansed skin before your moisturiser.

## NIGHT CREAM

Often more concentrated than day versions, night creams will feel thicker – but apply the same amount as you would your day cream (a 5p-sized blob).

## EYE CREAM

Dip your finger into the pot for a tiny amount then, using tapping movements, distribute around the eye orbit and down to the top of the cheekbone until fully absorbed. Repeat with the other eye.

## DAILY MOISTURISER

Warm a blob the size of a 5p coin between your fingers before applying over your face and neck. Work downwards in lines rather than circles.

## SUN CREAM

Apply a minimum of six teaspoons of sun cream to your body for protection.

## CLEANSER

A blob the size of a 10p coin is enough to remove make-up and give you a deep clean.

## EXFOLIATOR

Use an amount the size of a 10p coin, just like your cleanser, and gently massage in lines towards your neck.

## FACE OIL

Two to three drops from a bottle's pipette is all you need – a little oil goes a long way.

## FACE SPF

Apply as you would your day cream, but a little more liberally to ensure you stay well covered.



For your reference... this is the actual size of a 10p coin.



# Wow! Look what

We were inundated with entries for our comp to win a hair makeover with

## Short and sleek

Lindsey Martin, 39, from Hull, is a field merchandiser.

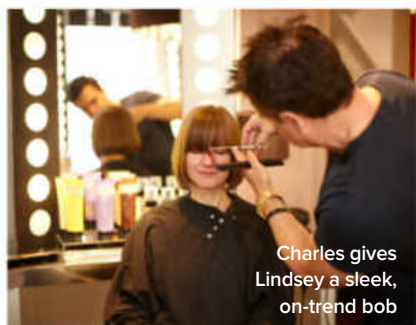
### CHARLES'S TRICKS

- Babylights, which are super-fine woven highlights, were added in a shade cooler than Lindsey's pinky-toned complexion. They lifted her colour and created the illusion of thicker hair.
- Lindsey's current mid-length cut was making her hair look too fine. Her new one-length, sharp bob has given her a healthier, fuller style – with the back slightly graduated for an on-trend look.



Create the gloss of Lindsey's bob with a few drops of **Liz Earle Botanical Shine Nourishing Hair Oil** (£17.25) before styling.

For a sleek, sharp bob, the brilliant new **ghd Platinum straightening irons** (£165) are the perfect tool! New one-stroke wonders for super-fast straightening, they make hair look fabulously smooth.



Charles gives Lindsey a sleek, on-trend bob



### LINDSEY'S VERDICT:

'I've had so many compliments about my new style – I love it! And, three weeks after it was cut, it still looks gorgeous!'

# a haircut can do...

hairdresser Charles Worthington. Here, the four winners show off their new styles

## Long and layered

Rachel Dawes, 38, from Warfield, Berkshire, works in learning support at a college.

### CHARLES'S TRICKS

● Rachel's colour was lacking vitality due to a build-up of old hair dye.

Colour-correcting with warm chocolate shades for a very soft ombre look added an up-to-date twist.

● Rachel's long hair needed a good trim to bring it back to life and Charles added long layers to give it body and bounce. Beautiful!



**RACHEL'S VERDICT:**  
'I love my new style. And my work colleagues think my hair looks amazing!'

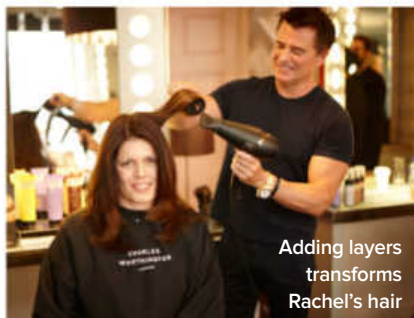
Create Rachel's look using the

**Paul Mitchell Pro Tools**

**Express Ion Round Brush** (£18.95, Feel Unique). Simply blow-dry in sections.



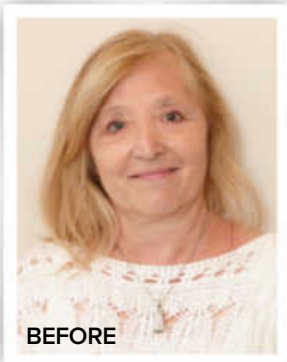
Brunette hair needs high shine to look healthy. **Charles Worthington Colour Enhancer Brunette Shampoo and Conditioner** (£5.99 each, Boots, from 1 August) will keep coloured strands super glossy.





# Blonde and bobbed

Jenn Griscti, 57, from Salisbury, is a payroll officer.



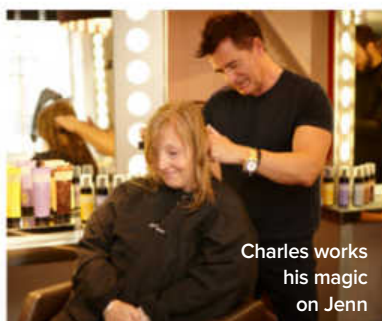
## CHARLES'S TRICKS

- Before, Jenn had a typical case of over highlighting, resulting in her hair colour looking like one flat, unnatural shade. This was rectified using a selection of golden tones to match her colouring and imitate natural blonde. Gorgeous!
- Jenn's new bob was created with gradual layers, which give the illusion of much thicker hair. The front of her new style was softened to frame her face in an ultra-flattering way.

Craving volume? You'll love the **Charles Worthington Thicker & Fuller Collection** (£6.99 each, exclusive to Boots, from 1 September). The shampoo, conditioner and scalp tonic stimulate hair growth and create a fuller effect.



The **BaByliss Big Hair 42mm** (£40) is a bob's best friend! Create the volume and bounce you get from a salon blow-dry with this genius heat styler.



Charles works his magic on Jenn

## 'Gradual layers create the illusion of much thicker hair'

CHARLES WORTHINGTON

## JENN'S VERDICT:

'My new colour is warm and flattering, and I love the cut. My friends say it makes me look younger. Plus, I don't have to do much to keep it looking good.'

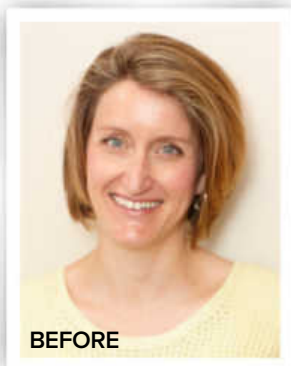


## Cropped and carefree

Tanya Jeskins, 40, from Treknow, Cornwall, is a hairdresser and nail technician.

### CHARLES'S TRICKS

- Tanya's multi-tonal colour was ageing and didn't complement her colouring. Her hair was dyed in an all-over, warmer chestnut brown, with a few scattered highlights around her face, to match her skintone and create a more youthful look.
- Tanya is lucky as she is blessed with beautifully thick hair. A choppy, easy-to-style razor cut instantly gave her a modern 'do that she can simply wash and leave for a more tousled look. And, for an alternative style, she can easily smooth over her hair with a barrel brush and dryer.



BEFORE

A great hairdryer is often the key to maintaining a fab haircut! We love the **Diva Chromatix**

**Dynamica 3400Pro** (£49.99, Look Fantastic) – it's one of the lightest professional dryers around.



Want to add natural movement to your style? A spritz of **TRESemmé Perfectly (Un)done Sea Salt Spray** (£5.50, nationwide) in damp hair left to dry naturally, or blasted with a dryer, will give you a tousled look.

'Not having a parting on show is a great way to fake volume'

CHARLES WORTHINGTON

### TANYA'S VERDICT:

'It has been lovely to have a change in style and I've had so many compliments!'



Tanya's fab new colour rolled back the years!

Feature: Sabine Wiesel Photos: Ian Hooton Hair: Charles Worthington Colour: Grace Harwood and Adam McIntosh at Charles Worthington. Make-up: Anna Durston Top: £12, George Jemm wears: Top: £25, Marks & Spencer



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Head-to-toe treats  
from our beauty editor  
SABINE WIESEL



## Mad for metallics

The vibrant polishes you've been wearing this summer have been given a shimmering makeover for autumn. Try them – they look just fab!

Sally Hansen Miracle Gel in Mad Women (£9.99, Boots)



PRIMA loves

O.P.I Nail Lacquer in Venice The Party (£12.50, from 5 August)



Morgan Taylor's Chrome Collection of nail polishes (£10.99 each, M&S) is perfect for nailing the metallic trend. The chrome base coat turns the six vibrant shades into bright metallics.

# Try it, use it, love it!

## 20% OFF SIENNA X SELF-TANNING RANGE

Keep your summer glow going with the fab range of self-tan products from Sienna X as the company is offering Prima readers 20% off! I love the Polishing Body Scrub (£11.95), as it's gentle on the skin and essential for a streak-free tan. Try the easy-to-apply Q10 Bronzing Mousse (£24.95) for a beautiful, deep tan. Or, if you prefer something that washes off, go for the Instant Bronzing Gel (£12.95). It's ideal for special occasions when you want an immediate golden glow. Happy shopping!

To claim your 20% discount, enter PRIMASX20 at the [sienna-x.co.uk](http://sienna-x.co.uk) checkout from 20 August to 4 September.\*



## BEAUTY SOS

**Q** I have very fine hair and have tried every thickening product available. However, the ones that really work are quite expensive. Are there any cheaper products out there? *Stella Massey, Grantham, Lincolnshire*

**A** I love the John Frieda Luxurious Volume 7 Day In-Shower Treatment (£9.99, Boots). It boosts hair strand-by-strand, with its unique formula building body into fine hair. Simply incorporate into your hair washing routine and the volume will last for up to a week. You'll love it!



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Not having much success with your bloated tum? It could be you're tackling things in the wrong way. So if you're feeling puffy, gassy or inflated, there's a helpful supplement and diet support act that could help ease things. It's all about knowing your type...



# Yes, you can beat the bloat!

## Feeling puffy? TRY HERBS AND RAW FOOD!

Don't you hate it when your middle puffs up just as you're planning to wear that clingy dress? We're already wise to the PMS connection, but experts still aren't really sure why it happens. 'It's thought to be a response to certain hormones that are elevated in the pre-menstrual phase, which causes tissues to retain more salt and, as a result, more fluid,' says homeopath Susan Curtis. So how do we deflate fast?

### 1 Pick some herbs

Herbs are our go-to remedy and tea is the easy way to take them. Susan suggests we start drinking it a few days before a period to help relieve the symptoms. Here's her recipe... Mix equal amounts of dried dandelion, nettle and cleavers. Put 1tbsp in a pot and add half a litre of boiling water. Infuse for 10 mins, strain and drink one cup three times a day. Drink hot or cold, with a slice of lemon and a little honey. **FIND** Dried herbs, from £2 for 50g, [nealsyardremedies.com](http://nealsyardremedies.com)

### 2 Try a 24-hour tummy deflate

Sounds too good to be true, but eating (and drinking) raw fruit and veggies for a day – or two! – will help flush the fluid and reduce that puffy look. Go on, why not give it a go? **Which veggies?** 'When you start on a raw diet, begin with foods that are easier to digest raw,' says raw food guru Deborah Durrant. 'These foods include salad leaves, avocados, bananas and tomatoes, plus fruit such as melon and berries.'



## 'A raw food diet for a day or two will help reduce that puffy look'

mix in the dressing.

**Why it works** Asparagus contains prebiotics, to help reduce gas and lose excess fluids. Avocado helps fill you up and tomatoes help regulate your appetite.

### MID-AFTERNOON

#### ● A shot-glass measure of natural almonds

**Why it works** Almonds have a protein punch and are a good source of fats that will keep hunger pangs at bay.

### SUPPER TIME

#### ● Cucumber and coconut soup

Blend ½ cup coconut yoghurt, 3tsp lemon juice, ½tsp salt, 1tsp olive oil, ½tsp agave and ½ clove garlic (optional). Finely dice ⅓ of a cucumber and finely slice 3 mint leaves. Drop them into the bottom of a bowl, then pour soup on top.

**Why it works** Cucumbers contain quercetin, which is an antioxidant that helps to reduce swelling. Probiotics in yoghurt can help to regulate digestion.

• *Deborah Durrant is a raw food chef and founder of deliciously-raw.co.uk. She runs exciting workshops and courses in raw food. Book fast – they're a sell-out!* ➔

### THE 24-HOUR TUMMY TUCK

Longing to try? Deborah has devised a smashing little one-day, raw food de-bloat that helps reduce the liquid load. All you need is a blender...

**ON WAKING** Drink warm water with a generous squeeze of fresh lemon juice – a good diuretic to help balance your pH levels and the lymphatic system.

### BREAKFAST

#### ● A delicious green smoothie

Blend 1 handful spinach, 1 mango (peeled, stoned and chopped), 500ml coconut water and 1tsp grated ginger.

**Why it works** Mangoes and spinach are rich in potassium, which helps to reduce bloating, and ginger aids digestion.

### MID-MORNING

#### ● Banana and papaya smoothie

Blend 1 cup coconut water, 1 frozen banana, 1 cup frozen papaya, ½tbsp raw honey and 1tsp vanilla. Tastes creamy.

**Why it works** Papaya contains papain, which is an enzyme that eases digestion,



### GO FROZEN!

Freeze your own fruit ready to add to smoothies. Peeled bananas, berries and papaya are great to have on hand!

while bananas contain potassium, which helps to relieve water retention.

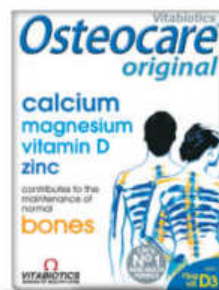
### LUNCH BREAK

#### ● Green salad with tomatoes, avocado and asparagus (serves 1)

Whisk 3tsp olive oil and 1tsp lemon juice in a bowl. Lightly toss 2 handfuls chopped salad leaves (little gem, radicchio, spinach), 2 chopped plum tomatoes, ⅓ cucumber peeled and chopped, ½ avocado, peeled, stoned and chopped, 6 stalks asparagus, roughly chopped. Then,







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# Feeling gassy?

## BIG UP YOUR GOOD BACTERIA!

Ouch! Do we need to describe a tum bloated by gas? 'This occurs when there's an imbalance in good to bad bacteria, feeding yeast in the gut,' says nutritionist Emma Wight-Boycott. 'It's just like making bread when you leave it to sit and expand. This happens in your gut, giving you a swollen belly.' Sound familiar? Try some new moves.

### 1 Pop a gut-friendly supplement!

**PROBIOTICS** Experts really rate them.

'Probiotics work by providing higher numbers of good bacteria,' says Emma. 'They adhere to the lining of intestines making bad bacteria move on or be excreted.' Try *Bio-Kult Advanced Multi-Strain Formula*, £8.99 for 30 capsules, [bio-kult.com](http://bio-kult.com)

### 2 A new 'calm your tum' diet...

Created to help those with IBS, the low FODMAP diet eases the angst of a gassy tum and unpredictable digestion.

**What's a FODMAP?** Short for Fermentable

Oligosaccharides, Disaccharides, Monosaccharides and Polyols – fibre and sugars in foods that bacteria feed on to create bloated tum and digestion drama. Cut out foods high in FODMAPs and your gut calms, bloat gets less and your tum goes down! 'The

low FODMAP diet is a learning diet,' says dietitian Kate Scarlata. 'High FODMAP foods are removed for 2 to 6 weeks, then reintroduced in a methodical manner.'

**Is that tricky?** At first, because it's not easy to know what foods are okay (see below).

| OUT GO...                           | SWAP FOR...                       |
|-------------------------------------|-----------------------------------|
| Wheat, rye, barley                  | → Gluten-free bread, potato, rice |
| Apples, pears                       | → Bananas, berries                |
| Onions, leeks, garlic               | → Green tops of spring onions     |
| Cauliflower, baked beans, mushrooms | → Spinach, carrots, tomatoes      |
| Milk, cream cheese                  | → Rice milk, soft cheeses         |

**Still want to try?** Devotees reckon it can improve a war-zone tum in just a few days. Like a taste? Try this menu for 2 or 3 days...

### A low FODMAP test & try

Try these recipes for a couple of days and see the effect on your tum.

#### BREAKFAST

##### ● Peanut butter smoothie

The protein in peanut butter will keep you feeling full. Bonus! **You will need:** 1 frozen banana, ½ cup of coconut or rice milk, 1 heaped tbsp natural peanut butter, 3 or 4 ice cubes. Blend until creamy and enjoy!

#### LUNCH BREAK

##### ● Greek salad with minty vinaigrette

(serves 4) Fresh and herby with a zingy dressing you'll love.

**You will need:** 1 large romaine lettuce (chopped), 5 small tomatoes (quartered), ½ cup feta cheese (crumbled), juice of 1 lemon (about 2tbsp), ¼ cup of olive

oil, 1½tbsp fresh mint (chopped), ½ cup kalamata olives (pitted). **Method:** Arrange lettuce on a platter. Top with tomatoes and sprinkle with feta. Whisk together lemon juice, olive oil and mint. Season. Drizzle dressing over the salad and add the olives.

**TIP** Cook some gluten-free pasta, cool and toss with the salad. Makes a fab work lunch!

#### DINNER Choose from...

##### ● Maple-garlic glazed salmon

Garlic and honey may be off the FODMAP menu for a calm tum, but garlic-infused oil and maple syrup are both okay. **You will need:** 2tbsp pure maple syrup, 1tbsp soy sauce, 1tbsp garlic-infused oil, 1 large salmon fillet, dash of crushed red pepper flakes. **Method:** Preheat oven to gas mark 6/200°C. In a bowl, mix syrup, soy sauce

and garlic oil. Season to taste. Place salmon in an ovenproof dish and coat with the mixture. Marinate in the fridge for 30 mins. Sprinkle over red pepper flakes and bake for 20 mins. Serve with green beans.

##### ● Asian sesame chicken stir-fry

Yes, you can have great flavour and a bloat-free tum. The key is to include low FODMAP veg in the mix to prevent gas.

**You will need:** 2tbsp soy sauce, 1tbsp sesame oil, 1tbsp minced ginger, 1tbsp sesame seeds, 12oz thinly sliced chicken breast, 1tbsp olive oil, 2 to 3 cups chopped low FODMAP veggies (such as pak choi, mini aubergine, bean sprouts, squash, green spring onion tops and aubergine).

**Method:** Mix soy sauce, sesame oil, ginger and sesame seeds. Add chicken and put in fridge for 15 mins to 1 hr, turning occasionally. Stir-fry chicken in a non-stick pan until browned and cooked through. Remove and put aside. Add 1tbsp oil to the pan and sauté veg until al dente, then add chicken.

**TIP** Add a cup of cooked brown rice to the pan – don't worry, it's okay on the plan!

• For even more recipes, visit [katescarlata.com](http://katescarlata.com). You can find more info in *The Complete Low FODMAP Diet* by Dr Sue Shepherd and Dr Peter Gibson (Vermilion, £16.99)





# Support through the Menopause

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# Feeling inflated?

## KILL THE SUGAR RUSH!

When it's pounds expanding your waistline, stress might be the problem. 'When we're stressed, our body releases cortisol, the fight or flight hormone,' says nutritionist Shona Wilkinson. 'If cortisol is constantly raised (because we're always stressed!), the body keeps producing glucose we can't use. This is stored as fat – usually on our middle.' As a nasty bonus, we crave starchy and sugary foods. So how do we get off the stress/cortisol roller coaster?



### SPICE IT UP!

Add chilli, cayenne, mustard, paprika, turmeric, ginger or cumin to your meals, for their fat-burning potential.

## 1 Take a smart supplement...

No magic pill, but do try supplements that improve the way sugar is used in the body, together with nutrients that may help to control stress and its effects.

**CHROMIUM** This may help control cravings and reduce hunger.

**B VITAMINS** Help us cope with stress, balance blood sugar and the production of serotonin, the happy hormone.

**MAGNESIUM** Along with zinc and manganese, magnesium can help even out blood-sugar dips and peaks. Try *Nutri Adrenal Extra* for a mix of the three, £27.49 for 120 tablets, [nutricentre.com](http://nutricentre.com)

**RHODIOLA** A herb that can be helpful in controlling the body's hormonal responses to stress. Try *Viridian Rhodiola*, £10.99 for 30 capsules, [nutricentre.com](http://nutricentre.com)



### BREAKFAST Choose from...

● **Spicy baked beans on 2 slices of wholemeal or rye toast** Add Tabasco or chilli to the beans to act as thermogenic agents – speeding up metabolism and stimulating digestion.

● **Sardines on 2 slices of wholemeal or rye toast** Oily fish has good omegas – great for hair, skin and nails.

● **Banana and berry smoothie** Blend 250ml rice or almond milk with 1 small banana, ½ cup berries and a scoop of plant-based protein

powder (vanilla or chocolate) or a few almonds. Try *Sunwarrior Classic Protein Powder*, £24.95 for 500g, [xynergy.co.uk](http://xynergy.co.uk)

**Plus** 1 cup of coffee, tea, green or matcha tea. No sugar or sweeteners, please!

### MID-AFTERNOON Choose from...

● **Banana or berries with 6 walnuts**

● **2 or 3 prunes or a glass of prune juice and 1 banana** Constipation makes it harder to lose weight – the banana will provide fibre. Add 2tsp nuts and seeds.

**Plus** peppermint tea with a little added honey to both calm and stimulate digestion.

### DINNER Choose from...

● **Nutty stir-fry** Take 100g tofu or turkey and stir-fry with 2 cups of veggies such as cauliflower, broccoli or spinach. Plus add a few unsalted cashews. Stir-fry with tamari, ginger, chilli and garlic. Serve with 1 cup cooked brown rice.

● **Grilled kebabs** Thread chunks of tuna, salmon or tofu, alternated with veggies such as courgettes, peppers, tomatoes and mushrooms on to a skewer and grill. Season with spices. Serve on a bed of lettuce.

**Plus** 1 cup of herbal tea, such as dandelion or fennel and fenugreek.

### DESSERTS Choose from...

● **2 squares of dark organic chocolate with 5 or 6 almonds**

● **Cocoa treat** 1tsp of cacao powder with 200ml unsweetened coconut, almond or rice milk, and a handful of nuts and dried fruit – this helps with mood and satisfies a sweet tooth.

*Cacao, herbs and matcha tea, from £2 for 50g, [nealsyardremedies.com](http://nealsyardremedies.com)*

• Rick Hay is an expert in anti-ageing nutrition. For more diet plans and recipes, visit [rickhay.co.uk](http://rickhay.co.uk)



## 2 Try a weekend de-stress diet...

One that's going to put a lid on cravings and has a touch of natural sweetness so we don't feel deprived. 'This is no detox!' says uber nutritionist Rick Hay. 'Healthy protein in every meal kills blood-sugar spikes and energy slumps.' Try it over a long weekend and see how you feel...

### BEFORE BREAKFAST

● **Grapefruit blast** Add the juice of half a grapefruit to a glass of warm water to kick-start digestion and fat metabolism. Add a dash of cinnamon to help regulate blood sugar and reduce cravings.

### MID-MORNING Choose from...

● **Berry bowl** 1 cup of berries with a dollop of non-sugary organic yoghurt and 5 or 6 almonds to add protein.

● **1 apple or pear with 6 to 8 pecans** This pectin-and-protein mix helps stop cravings and reduce lunchtime portion sizes.

### LUNCH BREAK Choose from...

● **2- or 3-egg omelette or scrambled eggs with ½ avocado and sliced tomato** Season with chilli, cayenne or black pepper to speed up metabolism.

● **2 or 3 crispbreads with ½ avocado and some tomato** Add mackerel or sardines to up the protein. Season with salt and pepper.



# Sarah's surgery



Dr Sarah Brewer, GP and expert in complementary medicine, answers your questions

## Cranberry to help cystitis

**Q** Since going through the menopause, I keep getting cystitis. My doctor prescribed an oestrogen cream that has helped, but is it worth trying cranberry juice?

**A** I'm a big fan of cranberry juice as there's lots of evidence supporting its effectiveness against recurrent cystitis. Cranberries contain unique substances (called PACs) that bind to the type of bacteria (*E. coli*) that cause 90% of urinary infections and block their 'landing gear'. This means that the bacteria can't stick to the bladder lining and is therefore easier to flush away. Drinking 300ml cranberry juice (25% strength) daily can almost halve the risk of developing cystitis. If you would prefer tablets, cranberry extracts may be as effective as antibiotics for preventing urinary tract infections. Try Cysticlean, £24.99, health stores or [cysticlean.co.uk](http://cysticlean.co.uk).

## Aftermath of blood clot

**Q** I developed a clot in my leg that was thought to be linked with the Pill. I've been on anticoagulants for three months – will I be on them forever?

**A** The treatment of deep vein thrombosis (DVT) is designed to thin



your blood to prevent any new clots from forming, breaking off and travelling to the lungs (which could cause a life-threatening pulmonary embolism). It's important to continue treatment for as long as your doctor recommends. Some people are on treatment for a short time (but at least three months) when the DVT was linked with a known temporary risk factor, such as recent surgery or immobilisation from

another illness. If there's an ongoing risk, or if it occurred for no known reason (which is relatively common), your doctor may decide it's safer for you to keep taking anticoagulants long term. Do ask at your next check-up.

## Diet to protect prostate

**Q** Is it true that changing your diet can protect against prostate cancer? If so, what should my husband be eating more of?

**A** Men following a traditional Asian diet appear to be less likely to develop prostate cancer than those following a Western-style diet. Researchers have found that soy bean products (eg edamame, miso, tofu, bean sprouts) and vegetables used in stir-fries (cruciferous plants such as broccoli, pak choi, kohlrabi and Chinese leaves) contain plant hormones that appear to protect against benign prostate enlargement, prostate inflammation (prostatitis) and prostate cancer. A new supplement called ProfBiotics Prostate (£29.50, [profbiotics.com](http://profbiotics.com)) contains other ingredients also known to help reduce prostate cancer, such as pomegranate, green tea and lycopene extracts. He should cut back on meat and dairy, too.

## AN EASY, FREE CHECK-UP AT HOME WITH NETDOCTOR

**T**he new online health check being offered by [netdoctor.co.uk](http://netdoctor.co.uk), which gives an assessment of your health and wellbeing, is really impressive. It takes about 10 minutes to fill in a simple questionnaire about yourself, your home, relationships, family and medical history – it helps if you have recent blood pressure, cholesterol and glucose measurements, but these results are not essential. Then you'll receive

a current wellbeing score, so you can see how healthy you really are, based on your health risk, lifestyle and environment. You will also be given a target score to aim for and a detailed personalised action plan suggesting small changes you can make in your daily routine to improve your overall wellbeing. In addition, you can track your progress on your way to a happier, healthier and longer life. **Sign up for free at [healthcheck.netdoctor.co.uk](http://healthcheck.netdoctor.co.uk).**



## I can't hear properly

**Q** My hearing in one ear isn't as good as it was, especially when there's lots of background noise. I work in a noisy office – can anything stop it from getting worse?

**A** In Britain, as many as one in six people have some degree of hearing loss, yet many wait several years before seeking help. Sometimes the cause is impacted earwax, a build-up of fluid in the middle ear or a perforated eardrum, but it can be due to nerve problems in the inner ear, which become more common with age. Your GP can examine you and, if necessary, refer you for a hearing assessment and recommend whether you need surgery (eg to drain fluid) or a hearing aid. Hidden Hearing offers free tests at its 84 UK branches to anyone concerned about their hearing. To find your local branch, call 0800 740 8706 or visit [hiddenhearing.co.uk](http://hiddenhearing.co.uk).

## Herbal relief for headaches

**Q** I suffer from menstrual migraine every month. A friend suggested I try Feverfew and it's really helped. How does it work?

**A** Feverfew is licensed as a Traditional Herbal Remedy for treating migraine (eg Migraine Relief, £13.95 for 60 capsules, [healthspan.co.uk](http://healthspan.co.uk)). It contains a substance called parthenolide, which is believed to affect the brain chemical, serotonin, and prevents the sudden changes in blood vessel diameter that can trigger a migraine. It's taken as a daily preventive and also helps to reduce painful menstrual cramps as well as reducing nausea and vomiting. For more information, visit [migraine.org.uk](http://migraine.org.uk).

## I don't think Dad can cope

**Q** My dad looks after my mum who has Alzheimer's. He won't let anyone else help and I'm worried it's becoming too much for him. How do I help him see that accepting assistance doesn't mean he's failed?

**A** Caring for someone with dementia can be challenging and hard work, but also rewarding. One person can't expect to cope all on their own, and it may help to explain that he needs to



look after his own physical and emotional health, too, so he can continue providing the quality care your mum deserves. Do get in touch with support charities, such as Dementia UK ([dementiauk.org](http://dementiauk.org)) and Alzheimer's Society ([alzheimers.org.uk](http://alzheimers.org.uk)), to find out what services are available in your area. For example, specialist nurses can provide much-needed practical and emotional support to carers, as well as to people with dementia.

## SARAH SAYS: it's time to put on your blue jeans!

**T**he annual Jeans for Genes Day fundraising campaign is a great way to raise money for children with genetic disorders. There are over 6,000 different rare conditions which, between them, affect as many as one in 25 children in the UK. Jeans for Genes Day on Friday 18 September invites you to wear jeans to work (or school) and donate. The aim is to raise £2 million for Genetic Disorders UK to spend towards the practical day-to-day support, equipment and respite that help children with genetic disorders feel less isolated. To see what your denim could do this year, order a free fundraising pack from [jeansforgenesday.org](http://jeansforgenesday.org) or call 0800 980 4800 – and wear your jeans with pride!



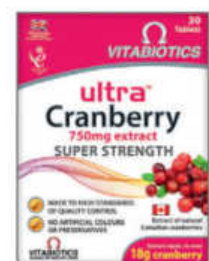
## Prima promotion



## Inner health

**T**he health benefits of eating cranberries are well documented, yet not all of us eat them regularly – perhaps put off by the sharp taste of fresh cranberries or the sugar content in cranberry juice. Vitabiotics Ultra Cranberry delivers a super-strength formula, with each tablet providing the equivalent of 18.75g of fresh cranberries. The premium cranberries used in Ultra Cranberry are grown under certified conditions and carefully harvested in the autumn, with only the very best quality berries selected for their colour, size and active content. After extraction, each batch is analysed, to ensure it meets our highest standards of quality control.

**Vitabiotics Ultra Cranberry**  
RRP £7.95 for 30 tablets.  
Available from Boots and [vitabiotics.com](http://vitabiotics.com)







# ‘The real reason I was so unfit’

Asthma is not just a childhood disease. One in 10 people are diagnosed for the first time in adulthood. Leah Hardy, 51, from London, reveals how she finally discovered why she couldn't run and breathe at the same time

‘**T**he morning was perfect; cold but bright. The grass in the London park sparkled with dew and I felt proud of myself in my new running clothes and pink trainers. But just a few strides into my run, yet again, I felt the familiar sensations I dreaded. As I tried to breathe deeply, I felt as though my lungs were caving in. My chest tightened, I started to wheeze and I could hear an unnerving rattle in my chest. I tried to stride out, but I couldn't make any headway. I watched, tears pricking my eyes, as my friends jogged easily away from me as I panted and plodded.



It was winter 2013 and I'd just signed up to a sponsored 5km run to raise money for my daughter's school. One of the mums, who is a personal trainer, said she'd help whip the rest of us into shape. We were all over 30, mostly new to running, and all shapes and sizes. I was nervous because I'd tried running before and found it difficult. But with months to train, we were assured that we would all be able to manage. I was so confident, I'd already signed up my sponsors.

Yet I never did get to run that 5km, or collect my sponsorship money. To my shame, despite all my training, I never managed to run the distance. Instead, I stood watching on the sidelines, cursing my "unfit" body for leaving me breathless after a few minutes, feeling like a failure.

## NATURALLY NON-SPORTY

I'd always envied runners. It seemed the ideal way to get fit; free, convenient, cool. Indeed, when I first met my husband, Chris, in 1998, he was a keen runner and I tried to tag along. But I was unable to catch my breath and had to stop. I'd recover, start running and it would happen again. Baffled, I'd even hired personal trainers over the years. They told me I was unfit, which made me even more embarrassed, but however much I trained, I never seemed to improve. Oddly, I could swim reasonably okay and walking wasn't an issue. But if I was, say, on the beach with my children, Cecily, now 10, and Henry, 13, and my stepdaughter Emily, 24, and I'd try to charge around with them, I would soon be gasping for breath and end up being "home" in all the games.

It was nothing new. For as long as I could remember, I was aware I wasn't "naturally sporty". When I was 12, my class had to run around a track. I was a tall, skinny, long-legged girl, yet so slow, so breathless, I was lapped by girls who managed to run twice as fast as me. After the race, I asked my PE teacher, "Why do I run so slowly?" She looked at me with contempt. "Because you don't try hard enough," she snapped. As well as being rubbish at sport, I was pathetic and lazy, she seemed to imply. Her spiteful message stayed with me for almost four

decades. But, as I've recently found out, I wasn't pathetic or lazy. Like millions of other adults, I was simply asthmatic.

## FITNESS ASSESSMENT

I was diagnosed completely by chance. Last year, while recovering from an operation, I treated myself to a weekend at the health resort Champneys. Part of the package was a fitness assessment with a personal trainer. He put me through a battery of health tests, including

measuring my "peak flow". This test checks how fast you can blow air out of your lungs in one breath. I puffed as hard as I could, handing the device back to the trainer. He looked puzzled. "I don't think you're doing it right," he said. "Have another go." I threw everything into my next effort, and the next, until my chest hurt. "Okay," he said, uncertainly, and showed me a results chart. I was amazed. I was firmly in the "red for rubbish" area. "Do I have miniature lungs or something?" I joked. The trainer told me not to worry, but suggested I arrange an appointment to see my GP.

It seemed too trivial to bother her with – after all, I didn't feel ill. I certainly never thought I could have asthma. To me, that was something kids had. But in April 2015, when seeing my doctor for a separate issue, I shyly mentioned my dodgy peak flow test. At first she seemed sceptical, but after I'd given four more puffs on a different meter, she agreed that my reading was half of what it should be for my height and age.

For a confirmed diagnosis, I had to see a specialist nurse for spirometry tests, which involved taking a deep breath and exhaling as fast and as long as I could through a mouthpiece attached to a machine called a spirometer. My results, again, were poor. I was then given an inhaler to try before repeating the test. This would deliver a drug to keep my airways open. If the inhaler improved matters, I almost certainly had asthma. If it didn't, I would have another type of lung disease (though this was

unlikely as I'd never smoked). To the nurse's astonishment, my results improved by a staggering 70%.

The diagnosis was official. I was asthmatic. She said I had exercise-induced asthma, in which attacks are triggered by exertion. In a way I'm lucky, as I've never had an attack at any other time.

The nurse explained that she was seeing more and more adults who were being diagnosed for the first time, some of whom had just developed it out of the

## 'The humiliation of sports days and aerobics classes now all made sense'

blue. However, from my history, it was probable I'd had asthma all my life. My reaction to the diagnosis surprised me. I became upset and tearful. The words of that PE teacher had burned themselves into my identity. I'd spent decades beating myself up about "not trying hard enough". But now the humiliation of sports days, exhausting aerobics classes or the disastrous fun run all made sense.

## RUNNING RELIEF

I wished I'd known earlier. I wished that some of the professionals I'd told about my "death rattle" (which is actually the sound of air trying to force its way past mucus) had suggested I see my GP. The nurse gave me a blue inhaler containing Ventolin, a drug that can prevent and treat asthma, and told me to take two puffs before exercising. The inhaler has helped me feel less out of breath, but the difference hasn't been as big as I'd hoped it'd be.

My next step is to try a low-dose inhaled steroid. I'm nervous about this, but I'm told that as my asthma was untreated for so long, my airways have become permanently inflamed, probably making steroids necessary to calm them down enough to let the Ventolin do its job.

I know I'll never be a Paula Radcliffe – another adult asthma-sufferer, by the way – but, despite my age, I still hope that one day I'll become a runner, showing off a toned bottom as I whizz around the park, totally wheeze-free. At least now I'm in with a chance. ➔





**‘I now feel less out of breath when playing with my daughter, even though I’ll never be Paula Radcliffe!’**

### EXERCISE-INDUCED ASTHMA

Some people only ever have asthma attacks while exercising, triggered by cold air and pollen. As well as the usual symptoms, it can cause fatigue, longer recovery time and poor performance. Swimming is the safest type of aerobic exercise as the warm, moist air is less likely to spark attacks.

## What is asthma?

Asthma is a chronic disease affecting the airways, the tubes that carry air in and out of the lungs. When exposed to anything that irritates the lungs, such as smoke, pollen or cold air, muscles around the inflamed and sensitive airways tighten, causing chest tightness and wheezing, making it harder to breathe. Cells in the airways might make more mucus than usual, further narrowing the airways. There is no cure, but asthma can usually be managed effectively with drugs. However, Sonia Munde, from the charity Asthma UK, says, ‘Adult asthma can be more severe, sometimes due to damage caused by leaving the condition untreated.’ She adds, ‘It is never okay to be short of breath, and it’s not just a normal sign of getting older.’

#### SYMPTOMS INCLUDE:

- Wheezing
- Chest tightness
- Shortness of breath
- Coughing, particularly at night and in the early morning

## Could you have adult-onset asthma?

**Asthma affects about five million people in the UK.**

It is often thought of as a childhood condition, and around one-third of children go on to become sufferers in adulthood. But it’s not unusual for people to be diagnosed with asthma for the first time when they’re an adult, either because symptoms have not been recognised before, or because it has begun late in life. This latter type is known as ‘adult-onset asthma’, occurring at any age. One study of nearly 10,000 people born in 1958, and who didn’t have asthma as a child, found that nine per cent developed asthma by age 42. According to recent research from Imperial College London, one in 10 adults with asthma develop the condition because they

are exposed to substances such as cleaning products, flour or dust in their workplace. Allergy testing can help diagnose occupational asthma.

#### Common asthma triggers

- Flu, colds, other viral infections
- Allergies, including dust mites and pollen (however, adult-onset asthma is less likely to be triggered by allergies)
- Exercise
- Laughing or getting excited
- Depression and anxiety
- Hormonal changes, eg pregnancy or menopause
- Some medicines
- Irritants eg cigarette smoke, cold air, perfumes, chemical fumes



## WHAT TO DO IF YOU SUSPECT YOU MAY HAVE ASTHMA

Before seeing your GP, make a note of when symptoms happen, how often and if you’ve noticed any triggers. Recent guidelines from the National Institute for Health and Care Excellence (NICE) say that spirometry should be offered as a diagnostic test for asthma. You will normally be asked to use an inhaler then be retested. If there is an improvement, this is indicative of asthma. You may be given a peak flow meter to take home and a diary to record measurements of your peak flow over a few weeks. This is because asthma is variable and your lung function may change throughout the day.

## 3 ways to help yourself

- 1 Singing and yoga have been shown in some studies to improve breathing in asthma sufferers.
- 2 Research indicates that asthma sufferers may benefit from a low-fat, high-fibre diet.
- 3 Obesity is linked to worsening asthma, and studies indicate that weight loss may improve symptoms. This could be because fat cells produce inflammatory chemicals in the body.

- For help and advice, visit [asthma.org.uk](http://asthma.org.uk), or call the Asthma UK helpline on **0300 222 5800**. It’s open Monday to Friday, 9am-5pm.



A photograph of two women standing on a white bridge with a decorative railing. The woman on the left has long blonde hair and is wearing a purple top. The woman on the right has short dark hair and is wearing a mustard yellow blazer over a white top. They are both laughing and looking at each other. The background shows greenery and a clear sky.

# SENSITIVE BLADDER?

*So what!* **LAUGH ALL YOU WANT.**



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\*Compared to the leading brand, percentage varies across line-up.

\*\*Based on average consumer loading.

†377 UK shoppers surveyed, Sep '14 - Jan '15





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# Under pressure

Almost one in three of us have high blood pressure – but many of us don't realise it

## Know your numbers

**You might think that if you have high blood pressure, it would be something you would be all too aware of. But the British Heart Foundation reports that while 7 million people in the UK have unhealthy levels, many don't actually realise it.**

There are lots of factors that can cause your readings to rocket, from age and weight to the amount of alcohol, coffee or salt you consume. Even painkillers such as ibuprofen and herbal supplements like ginkgo have been found to cause your numbers to creep up.

But while raised blood pressure is not something you're likely to feel, if it is left undiagnosed and untreated, it can cause your heart to become enlarged and pump less effectively. It also increases your risk of heart attack, stroke, kidney disease and vascular dementia.

'Get your blood pressure measured at least every five years, or annually if you are at a heightened risk of cardiovascular disease,' says Professor Graham MacGregor, chairman of Blood Pressure UK. 'Your GP or pharmacist can check it for free, or visit one of the free Pressure Stations (see below). If your blood pressure is high, it will be monitored until it's under control. You'll be advised on lifestyle changes and, if you're at a high risk of health problems, you may be offered medication.'

## Stay heart happy

**Keep your levels low with these tips...**

- **Watch your weight.** Being heavier forces your heart to work harder to pump blood around the body, which can raise your levels. 'Even losing a few pounds can lower blood pressure, making a significant difference to your heart health,' says Katharine Jenner of Blood Pressure UK.
- **Slash your salt intake.** Avoid exceeding 6g a day – that's around a teaspoon. 75% of the salt we eat is in everyday foods such as bread, cereals and ready meals; anything containing more than 1.5g salt per 100g is considered high, so check the labels (it's sometimes listed as sodium).
- **Put on your trainers.** Exercise is good for your blood pressure and keeping your heart and blood vessels in good health.
- **Get your diet right.** Think low-fat with plenty of fruit and veg, especially potassium rich foods such as bananas, potatoes, almonds, eggs, yoghurt and salmon. 'Potassium naturally helps lower blood pressure by balancing out the negative effects of salt,' says Professor MacGregor.
- **Stop smoking.** While it doesn't directly cause high blood pressure, it can increase your risk of heart attack by causing your arteries to narrow.

## 3 SURPRISING THINGS TO WATCH OUT FOR THIS SUMMER

**1 That al fresco tippie.** Regularly drinking more than two or three units of alcohol a day – just a small glass of wine – can raise your blood pressure over time.

**2 An effervescent vitamin supplement the morning after.** Along with soluble painkillers, these can contain up to 1g salt per tablet.

**3 The refreshing iced coffee.** These can contain the same amount of caffeine as two cups of regular coffee, and drinking four or more cups of coffee a day can raise blood pressure.

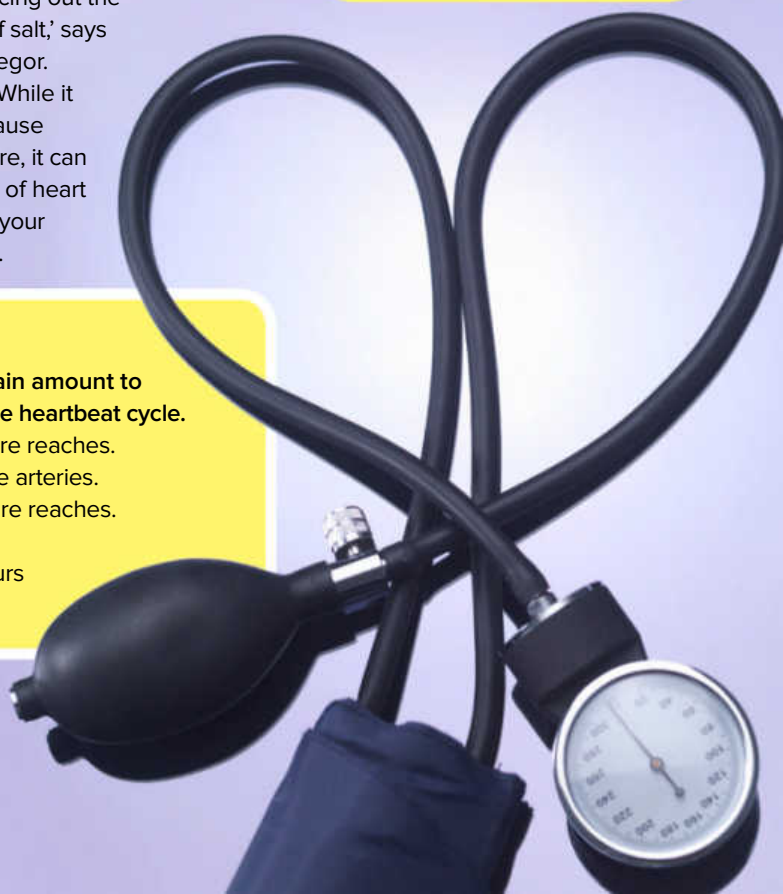
## WHAT IS BLOOD PRESSURE?

**It's the pressure of the blood in your arteries. You need a certain amount to keep the blood flowing around your body, but it varies during the heartbeat cycle.**

- **Systolic blood pressure** is the highest level your blood pressure reaches. This is when your heart contracts and blood is forced through the arteries.
- **Diastolic blood pressure** is the lowest level your blood pressure reaches. This is when your heart relaxes between each beat.
- **It's written as two numbers** – for example 120/80mmHg. If yours is 140/90mmHg or above, you may have high blood pressure.

**FREE CHECKS** From 14 to 20 September, Blood Pressure UK will have over 1,000 Pressure Stations in supermarkets and shopping centres, where you'll be able to get free checks.

- **Find your nearest at [bloodpressureuk.org](http://bloodpressureuk.org)**





Prima promotion

# Love your pets

Pets put the heart into a home – help protect yours and show them they're loved with a monthly flea and tick treatment that really works

**P**ets are part of our families and, just like a child or a loved one, our happiness is dependent on theirs. Seeing your dog's glee as he bounds for a ball, or your cat's contentment as she lazes on the lawn can be infectious! But it can also be upsetting to watch them driven mad by fleas and ticks. Thank goodness for Frontline® Spot On – the UK's No 1 flea and tick treatment\*. It's designed to kill fleas and ticks by direct contact, rather than being absorbed into your animal's bloodstream. Simply part your dog's coat between the shoulder blades, and place the tip of the pipette on to the skin and apply in one or two spots. Or, for cats, apply half at the base of the skull and half 2-3cm further back. They'll be protected against fleas and ticks for the next month and your dog or cat can even be bathed or go swimming 48 hours after application.

If you've been out enjoying open spaces during hot summer weather, check your animals for ticks once you get home. Apply Frontline Spot On monthly throughout the year on all cats and dogs in the household for continuous flea and tick protection



Frontline Spot On, the UK's No 1 flea and tick protection\*, is available from pharmacies, pet stores and online, as well as veterinary clinics. Find your nearest retailer at [uk.frontline.com](http://uk.frontline.com)



\* Nielsen data – based on value sales 2014/15. FRONTLINE® Spot On contains fipronil. Legal category: NFA-VPS (UK). ® Registered trademark. For further information, refer to the datasheet or contact Merial Animal Health Ltd CM19 5TG. © Merial Ltd 2015. All rights reserved. **Use medicines responsibly**

# Warning: There *will* be tears...



September is a month of new beginnings for children. As her youngest starts school, Mel Hunter, 40, from London, is feeling emotional

**O**n that sunny September morning, as my daughter Isla proudly posed for pictures in her oversized uniform, she looked ready for her first day at school. Nervous, yes, but happy. And though tears pricked my eyes, I was also excited at the adventure that lay ahead for her and felt ready to let her go.

Three years later, Isla is seven and thriving at school. Now it's the turn of my youngest, Sam, who's four, to set out on that same journey. He is going to the same school, wearing that same uniform and will be just as excited as his sister was before him.

But this time around, as I hold his hand on that 10-minute walk to school, I know I'll be feeling very different. Seven months ago,

my husband Graham and I were told that our gorgeous, happy boy was on the autistic spectrum.

Because we'd known he struggled in many ways – Sam walked and talked so late he was referred to a paediatrician – the diagnosis was hardly a bombshell. But that didn't make the reality of my son having a condition that would challenge him at every turn any easier to accept. I was devastated, and a little bit in denial.

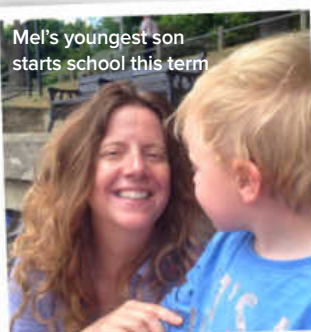
Sam has always been sociable and easy-going, not exactly the autism stereotype. But, after his diagnosis, I researched more and realised there were many ways that Sam did fit on to the spectrum. To deny it would do him no favours. With that acceptance, autism became a part of our family life.

But through months of worry, matched with love and a patience I never knew I had, the deadline of September 2015, when Sam would have to go to school, has loomed ever closer.

## CHALLENGES AHEAD

I say "have to" because if I could keep him at home and play his beloved trains with him forever, I would. Sam has been welcomed into a wonderful school and will have full-time help in the classroom. Though how this boy, who has difficulty concentrating, will cope amid the distraction of the 90 other children in his year group is a big unknown.

Sam's speech is that of a child two years younger and, although he loves other children, he struggles to know how to play with them, which can lead to anger and frustration. And while Isla seemed to learn almost without trying, for Sam, every word he painstakingly speaks has been hard fought for, and





we have to accept that he may never reach the same level as his peers.

## EVERY STEP COUNTS

But there are unexpected positives, too. I can see now that I took many of his sister's milestones for granted, but each of Sam's small steps, such as putting on his own shoes, has been celebrated. Instead of his childhood speeding away, every moment has mattered, and that has made us grow as individuals and as a family.

There's little doubt that Sam will take a different path to learning than the one his sister skips along, and that the milestones we'll cheer over may not be the same ones other families will be marking. But, like thousands of parents waving goodbye to their children, whether they're starting school or uni, we know that one of the most important jobs of parenting is being able to let go.

Yes, Sam may stumble – in the classroom as well as in the playground – but, like all parents, we know our job is to support him rather than shield him. That first day at school is the start of Sam's own incredible journey. Just don't expect me not to cry.'



## 4 WAYS TO MAKE IT EASIER

Therapist Juliet Powell, from [choicetherapy.biz](http://choicetherapy.biz), specialises in helping parents through times of change. She says:

**1** Letting go is inevitable, but also sad. Expect to feel upset and don't punish yourself for feeling that way, even if it lasts a while.

**2** Distract yourself. Meet old friends or take on more work. Reclaiming your own life really can be liberating, and comforting.

**3** Your role as a parent will evolve, but that doesn't mean your children don't need you any more. Yes, it's hard the first time your child turns to someone else for help, but gently remind them that you're always there.

**4** An important part of parenting is preparing your child for independence. As they take steps by themselves, congratulate yourself on a job well done.

## 'How we coped with goodbye' Prima readers reveal all

Whether it's the first day at school or new term at uni, it's a big day for mums as much as their children

**Fiona Scott, 49, from Swindon, had her last child shortly after her youngest had started school. Coincidence? Not really.**

'After seeing my stepdaughter Lauren, now 21, and my daughter Sammie, 15, go off to school, I was pretty relaxed when their younger sister Georgia, now 13, started primary school. But walking home, a wave of loss hit me. I felt empty, as if my main purpose in life had gone – the feeling didn't go away. That's when I started thinking about having another baby. The result was David, now eight. On his first day at school, I was so nervous. What if I had the same reaction? Fortunately, that feeling of loss was not there this time. I found myself quietly accepting the time was right, for him and for me. I can't say I wasn't a bit relieved!'

**Emma Iannarilli, 40, from Wolverhampton, has discovered the joy of 'me time'.**

'Before Joe started school, we'd go on lovely days out. I was distraught about losing him, but he ran off without a backward glance. For weeks I felt bereft, but then it dawned on me that all the extra time was a gift. I used the hours he was at school to transform a blog I'd started as a hobby into a real business ([fashion-mommy.com](http://fashion-mommy.com)). I also allowed myself the occasional day out to art galleries. School opened other doors, too: I had a whole new group of friends and, at the end of the day, Joe, who's now six, came home full of funny stories. We still have a great time in the holidays, but I also love that first cup of tea in a quiet house when term begins again.'

**Virginia Mason, 55, a mum of two from Halifax, found dropping her youngest son at university the hardest goodbye of all.**

"Put on your sunglasses, Mum," my son Lewis pleaded, half-joking. He had a point; I had tears streaming down my face. I'm always emotional, but the thought that my youngest was leaving home, possibly forever, was too much to bear. Instead of him clinging to me

as he had when he was younger, here I was desperate not to let him go. My sadness lasted months, but I consoled myself with the fact that he was having an amazing time and had grown into a wonderful young man. Knowing I'd done my job well was a real comfort.'

# I'VE FOUND MYSELF A GREAT **PERSONAL** TRAINER. **ME.**

Dawn, 54,  
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# How to MONEY-PROOF your relationship

Right, it's time to stop the squabbling about finances and grow your partnership *and* your bank balance

**M**oney is not the easiest thing to talk about. Disagreements about how to spend it, save it, and whether that new TV really is 'essential' can cause a daily tug of war. In fact, money is the top reason couples argue. Research by relationship experts Relate found that money causes 62% of rows\*, while other studies suggest it's the biggest cause of marital breakdown. After all, the more you argue, the less likely you are to work as a team. Here's how to overcome the common financial flashpoints.

## £££ One of you is a spender, the other is a saver

It's no surprise having different ideas and values can cause bickering – not least because the spender feels constrained while the saver feels insecure.

● **TRY THIS:** Focus on the positives 'Accept that each of you has a different money mindset, just as you both have various tastes or skills – and that might never change,' says psychologist Karen Pine. 'But you can work out a solution, perhaps by putting limits on monthly spending and saving.' Remember there are positives, too. The saver in the relationship ensures that you are future-proofed, while the spender nails down necessary purchases. 'Seeing the pros and cons of each approach helps you make better, more informed decisions together,' says Jasmine Birtles, founder of Moneymagpie.com.

## £££ Every time you talk about money, it turns into a row

According to a recent survey by The Money Advice Service, couples have 39 arguments about money every year. 'Money is so wrapped up in values, control, fear and childhood experiences that arguments often aren't what they seem,' says Karen Pine, professor of developmental psychology at the University of Hertfordshire and co-author of *Sheconomics* (Headline, £8.99).

● **TRY THIS:** Focus on the practicalities 'Make a pact to deal with the important current issues and not drag past problems into it,' says Karen. 'Schedule regular times to sit down where you won't be interrupted.' Ground rules are important, too. 'Vow you'll talk without judging, criticising or blaming each other. If necessary, pick a speaker and a listener to start – you can then swap roles.' Priscilla Sim, a counsellor for Relate, agrees a business-like approach helps prevent things becoming fraught. 'Focus on the essentials, so, for example, you might cover: "What's the problem?"; "What's the solution?"; "What's the next step?"' If there's a sensitive area that always triggers your partner to get upset, ask how best to approach it. If your discussions are still not as productive as they need to be, it might be an idea to get independent financial advice. You can find an independent financial adviser at [moneyadvice.service.org.uk](http://moneyadvice.service.org.uk).



## £££ You disagree on spending priorities, particularly when it comes to children

It's a common scenario... you want to treat your children and put down deposits for their first homes, he has other plans for your savings and wants your brood to stand on their own two feet. 'You're not actually arguing about money, but values, many of which come from how you were raised,' says Karen.

● **TRY THIS:** Think of the bigger picture You both want the best for your children, but if it's a large outlay, like putting down a deposit for a property, discuss what you'd have to sacrifice with the help of a financial expert. If it's younger children you're disagreeing about, give them a regular allowance so they have to budget for all 'treats'. This allows for indulgences, but it really helps them to learn the value of money and how to save.

According to Relate, money causes 62% of rows between couples\*. But with a little know-how, you can work together.

## £££ Your partner loses his job and you've become a single income household

The latest research from The Economic and Social Research Institute found that one in 10 families has seen a switch in the main breadwinner as a result of the recession. If your partner loses his job, and was the main earner, this can be hard for him to accept, particularly as some men struggle when traditional gender roles are reversed.

● **TRY THIS:** Troubleshoot then brainstorm Remind him that redundancy is a sign of the times, not a result of him failing, and of his real value unrelated to money – how he's a great husband and all of the other things he's good at. Next, tackle the practicalities together so you feel in joint control. Review your budget and see what you need to prioritise (eg mortgage, bills) and what you can put on hold. The budget planner at [moneyadvice.service.org.uk/budget](http://moneyadvice.service.org.uk/budget) is a great tool. 'Also, consider using any savings or redundancy to pay off loans – it may not make sense to sit on them if you're paying for expensive borrowing at the same time,' says Jasmine. 'Check what insurance policies you have and look into what benefits might be available to you. And think about other ways to make some money: could you also rent out a spare room or sell unwanted possessions, for instance?'

## £££ One of you has had a 'financial affair'

This is such a problem, it's been dubbed 'credit card infidelity'. A study from the online payment service PayPal found that 10% of us hide purchases, but secrets and lies can cause friction. 'It's often not the purchase that's the problem, but the fact you're hiding it,' says Priscilla. 'Your partner might wonder what else you're keeping from them.' And, of course, it's not just the odd handbag or pair of shoes that could be the issue – if one of you has been gambling or there's an unexpected hidden debt, problems can become even more serious.

● **TRY THIS:** Vow for financial transparency 'It's the breaking of trust that needs addressing,' says Priscilla. 'One person's spending style can affect the other in a relationship. For example, if you're anxious about spending, your partner may lie about costs.' The answer has to be an honesty pact. 'This means no secrets, no hiding purchases or spending behind each other's backs,' says Karen. 'You can still treat yourself, just set a limit on how much you can spend without having to consult the other.' In the red? Get free advice at [moneyadvice.service.org.uk](http://moneyadvice.service.org.uk), or for gambling, visit [gamcare.org.uk](http://gamcare.org.uk).

## £££ He controls the purse strings and you're worried about the future

'If your partner thinks he should be in control of all your spending or you have to ask him for money, it can be belittling,' says Priscilla.

● **TRY THIS:** Partner up a plan The Money Advice Service says if your partner uses cash to exert power over you, this is a form of domestic abuse and you should contact Relate about seeing a counsellor together. Situation not that extreme, but still feel locked out? 'Explain to your partner you want to know the bigger financial picture so you can help find solutions,' says Jasmine. Also, try not to take money personally. If you've left employment to be a stay-at-home mother, for instance, remember you work just as hard. 'Discuss being paid an "allowance" so you don't have to ask for money, or having equal access to the joint account,' says Jasmine. 'Ensure you have a financial contingency plan for your own future – don't assume everything is in order. Put money into a state pension, and check wills and insurance.'





# The gadget girl's guide to fitness

We've picked some of the best modern little helpers to get you motivated and moving!

## Workout buddies

### Adidas miCoach Fit Smart

This sports tracker is serious about your fitness. It measures calories, distance and heart rate, plus it shows your pace, speed and stride rate. You can set weekly goals and synch to the app to see if you are hitting your targets. The digital display spurs you on, showing your readings at the touch of a button. £110, Adidas



### FlipBelt

This soft Lycra-blend waistband zips open to store your phone, keys and cash while you're at the gym or out for a run. It hugs your hips and won't bounce, chafe or jangle while you move. 'Expecting a call' is no excuse for avoiding that workout... £25, FlipBelt



### Beurer BF700 Bluetooth diagnostic scale with health manager

Are your bathroom scales out by a few pounds (in your favour)? It might be time for technology to take over. These Bluetooth digital scales don't just weigh you with precision, they also measure body fat, muscle ratio and bone mass. You can track your progress via an app to keep motivated. £59.99, Argos



## Game, set and match!

### ZEPP TENNIS SWING ANALYSER

Inspired by Wimbledon this summer? This sensor monitors your strokes like your very own Judy Murray! Just attach it to your racquet and synch to an iPhone or iPad for a post-match post-mortem, showing your serve in 3D from any angle plus the low-down on your consistency and power. Were you working hard or just grunting? £129.99, John Lewis



## Cool running or brisk walking

### Hands-free dog leash

Up the tempo of walkies and go running with your dog. This lead is attached to a waist belt and is elasticated to avoid sudden jolts. The belt has storage pockets for the necessary bags, a water bottle and keys. If you enjoy it, the two of you can take up canicross – competitive cross-country running with your dog! £22.99, *Inner Wolf*



### Monster iSport Strive earphones

If music gets you moving, invest in a great pair of sports earphones. These are cleverly designed with safety in mind, so that you can still hear approaching traffic and people while you're out running or power walking. They stay firmly in your ears, won't tangle and are sweat-proof. You can even wash them with soap and water. £59.95, *Monster*



### Garmin Vivoactive

This multitasking GPS smartwatch is more than a fitness tracker. Synched with your phone, it shows who's calling, displays texts and buzzes when you've been sitting still too long. Select an activity on the touchscreen before you start, eg 'run' or 'walk', to see specific results from each session. It's lightweight and you can view all your data, including sleep, on the Garmin Connect app. Not a cheap buy, but it works hard – it'll even find your phone if you lose it! £199.99, *Garmin*



## On yer bike!

### CATEYE VELO 7 BIKE COMPUTER

Unleash your inner Victoria Pendleton and tech-up your bike with a cycle computer to monitor distance, and average and maximum speed. You can buy more sophisticated versions, but this should be enough to track your ride. It has a large easy-to-read screen, is battery powered and can be set up for different tyre sizes. £24.99, *Amazon*



## Make a splash

### POOLMATE2

If you tend to lose count of how many lengths you've swum, this watch will do it for you. It automatically counts laps by noticing the change in tempo when you turn and it also works out your speed, distance and calories. You may even swim further when you're not counting. £70, *Swimovate*



### MisFit FLASH

The sleekest of activity trackers, this waterproof disc comes with a wrist strap or clip so you can attach it to your swimsuit. Synch it with your phone via the MisFit app to track distance and calories. Discreet, good value and it's very easy to use. £39.99, *John Lewis*

### AQUAVIZ 20/20 SWIM MASK

Put off swimming because you can't see where you're going? Simply slip a prescription 'Inzert' into this mask and your swim will be crystal clear. They even fit into Sportviz snorkels and ski goggles – unless you prefer rocking that Eddie the Eagle look! Mask, £24.95; Inzert from £25, both *Sportviz*



## 5 energising apps

**Couch to 5K, £1.49, iTunes; £1.30,**

**Google Play** Go from couch potato to Speedy Gonzales in just nine weeks with this training app. Virtual coaches and daily detailed instructions get you going.

**Strava, free, iTunes, Google Play**

A running and cycling app that works out distance, calories and progress. Competitive types can follow their friends on leader boards.

**7 minute workout, free, iTunes, Google**

**Play** No time to get fit? How about seven minutes? This daily app voice-guides you through exercises smartish.

**MyFitnessPal, free, iTunes, Google Play**

A favourite app with a huge database to easily keep track of what you eat and the calories you burn when you exercise.

**TempoRun, 79p, iTunes** You're not going to feel the burn running to *Lady in Red*. This app organises your song library to match your speed, whether you are walking or running.





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# Girl about the house

Pressed for time and want a helping hand with your chores? We have all the advice you need to become a domestic goddess



## GO BANANAS... AND KNOW YOUR ONIONS, TOO!

Ever thought of using everyday food items for cleaning around the house? It's really not as fruity as it sounds...

**Bananas** Use the inside of a banana skin to give any leather a shine. Simply rub with the skin, then buff with a dry cloth. Works on sofas, handbags and even shoes.

**Onions** Next time you're decorating, cut an onion in half and place each piece in a bowl of water and let them float. Any smell of oil-based paint will be gone in just a few hours.

**Walnuts** Got a scratch in your wooden floor? No

problem. Simply run an unshelled walnut over it until the scratch disappears.

**Bread** Place a slice of bread in the fridge to remove any unpleasant odours.

**Mayonnaise** Pesky price tags on furniture or ceramics? Smear some mayo over the sticker, leave for a short while, then wipe off. You may need an extra application for stubborn stickers.



## Dual purpose

When is a tea towel not a tea towel? When it's also a recipe! We love these cute kitchen textiles – they'll brighten up your room with their bold designs, plus they come with recipes, weight conversions or useful cake ingredient substitution guidelines. For domestic goddesses everywhere.

Tea towels, £8.95 each, Rock Bakehouse

## RAISE A TOAST

We pick our top three bread browners...

### Best for families

With four variable slots and lots of handy features, including a self-centering system for even toasting, this striking toaster will look great in any kitchen.

De'longhi Argento, £54.99, Sainsbury's

### Best for thick slices

For doorsteps, bagels, croissants and paninis, this adjustable toaster is a winner – it can toast a slice up to 5.8cm thick.

Kenwood Persona, £99, Argos

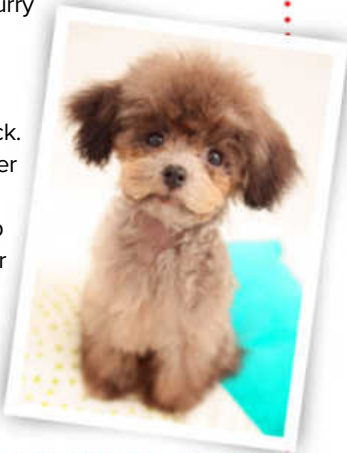
**Best for style** This functional two-slice toaster does everything you'd expect and gets top marks for its fab retro styling.

Smeg TSF01, £99.95, John Lewis



## FUR MY NEXT TRICK

If you have a furry friend who's shedding hair, try this quick fur-clearing trick. Pop on a rubber glove, dip it in water, then rub your hand over fur-covered chairs, sofas or carpets to pick up the fluff. So easy!



## STAY-FRESH FOOD

Don't you hate it when you have half an avocado or lemon left over and it gets discoloured, even in the fridge? Well, not any more. This clever Savel device (£5.50, Dreamfarm) is made from plastic and has a flexible silicon strap. Place the item cut-side down on to the base, then secure the fruit with the strap so it's airtight. Food will stay fresh for up to a week!





# ‘My home-made sanctuary’

For baker Nichola Reith, transforming a Glasgow flat into a modern home has been a challenge that she’s relished



Nichola Reith runs a successful catering business, Three Sisters Bake, along with her two sisters, Gillian and Linsey. She needed to find a home that fitted in with her busy life – looking after three cafes, a food truck and the business (employing 23 people), while also finding time to care for her baby son Tate.

‘Where we live is as important to us as what we live in and Glasgow’s West End is the perfect place to bring up a baby,’ says Nichola. ‘We can walk to all the shops and cafes, plus Glasgow is full of parks. When Tate’s older, I am sure we’ll want more space and a garden, but for now, being in a flat in the city centre is ideal.’

Home is a two-bedroom flat on the first floor of a Victorian tenement, which Nichola and husband Clive bought in 2010. It wasn’t quite love at first sight, but there were enough beautiful period features to help the couple see past the less-than-appealing decor. ‘When we moved in, the flat was painted in different shades of orange, pink and yellow,’ says Nichola. ‘And there was a red carpet in the hallway. Before we even unpacked, we pulled up the carpet and painted the whole flat white.’

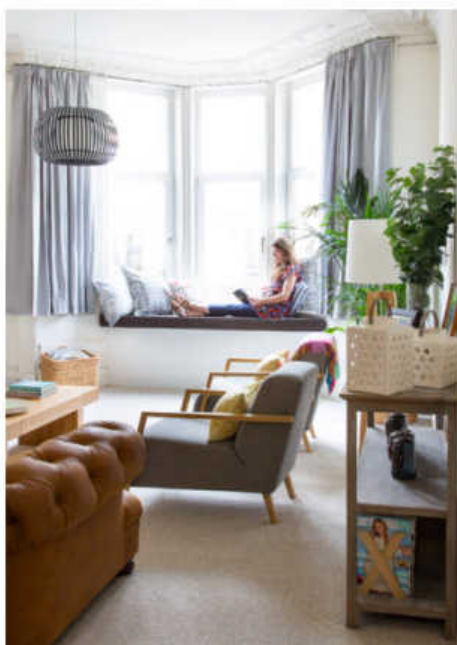
Over time, the couple have made lots of small changes to make the place feel like their home. They sanded the hallway floor, replaced the carpets throughout the flat, put lino in the kitchen, updated the bathroom and repainted all the walls in neutral colours. The soft white in the living room acts as the perfect backdrop for photos, maps and treasures collected along the way and has created a relaxed vibe. The seat in the bay window offers the perfect spot for Nichola to put her feet up and chill out.

When it came to the furniture, Nichola was keen to put her stamp on things, preferring a style that is both eclectic and homely. She has mixed the occasional investment buy, such as the leather Chesterfield sofa, ➔

## LIVING ROOM

(RIGHT) Nichola has invested in a leather Chesterfield sofa from John Lewis, which is sure to stand the test of time. The two upholstered chairs are from local lifestyle store Galletly & Tubbs and the sideboard is from The Living Room.

(BELOW LEFT) A comfy seat in the bay window offers the perfect place for Nichola to unwind when she has some time to herself.



## Gorgeous real home



### KITCHEN

(LEFT) Nichola's kitchen is lovely and light – a great space to develop new ideas. Retro tea flasks from Homer are displayed on a shelf. The cake tin and Dualit toaster are from John Lewis and the teapot is from Habitat. The teapot clock was found in a charity shop.

(RIGHT) Nichola displays some of her cakes on the Docksta table from Ikea, which fits perfectly in the corner. The Habitat chairs were a hand-me-down from Nichola's parents.







#### HALLWAY (ABOVE)

A selection of photos have been displayed on the wall beside a mirror found in a second-hand shop. The sideboard is from Habitat and the lamps are from TK Maxx and John Lewis.

#### MASTER BEDROOM

(RIGHT) An old pine bed has been freshened up with white gloss. The duvet is covered with a patchwork quilt and cushions from Ikea, while the lamps were found in TK Maxx.



with second-hand and charity shop finds and added functional pieces from Ikea, such as the dining table, along with house-warming gifts from friends and family. The outcome is fun and fresh.

Nichola's collection of teapots, vintage bottles and mismatched plates look fabulous. Often, Nichola has found them for the business, but ended up displaying them on her mantelpiece. 'I love collecting,' she says. 'It started while I was at university. I used to buy tea sets from charity shops to make my rented flat more homely!'

Not surprisingly, the kitchen area is important to Nichola. Her treasured vintage china and scales bring colour and character to the room and are beautifully displayed on open shelves and hung from a distressed painted board. The whole kitchen has a light, bright feel to it, thanks to the walls painted in a pale blue and the light textured vinyl on the floor. The pink Magimix and pale blue Roberts radio, gifts from friends, fit in well, adding a cheerful retro edge to the room, which is where Nichola develops her recipes.

Nichola's eye for vintage style comes into its own in the master bedroom. The dressing table, inherited from Clive's grandmother, gives the room a charming retro feel together with the pink-painted mirror. Nichola painted the old chest of drawers in Annie Sloan Paris Grey paint.

'My home really is my sanctuary,' says Nichola. 'Our life is just full tilt at the moment, so it's here I find some peace, spend time with my family and have the space to think about the business and my cakes.'



#### FAMILY TREASURES

(ABOVE RIGHT) The dressing table, inherited from Clive's grandmother, gives the room a lovely vintage feel. A fresh bunch of flowers, in a pink that complements the patchwork throw, and some glass perfume bottles complete the look.

(LEFT) The main focus of the master bedroom is this gorgeous fireplace, painted in black and white. Nichola has decorated the mantelpiece with pieces she has collected, including a pink mirror, white candlesticks and simple photo frames. The white bentwood chair next to the fireplace was found in a local antiques shop.

**Feature:** Mairi MacDonald **Photos:** Douglas Gibb. *Three Sisters Bake*, by Gillian, Nichola and Linsey Reith (Hardie Grant, £20), is available at [threesistersbake.co.uk](http://threesistersbake.co.uk)

‘My home is my sanctuary – it’s here that I find some peace and have the space to think’



**BATHROOM**  
(RIGHT) The bathroom has been given a new lease of life with fresh white walls and vinyl flooring from Cath Kidston. Old Champagne bottles make quirky vases on the window sill.



**TATE'S BEDROOM**  
(FAR RIGHT) A tree decal from Notonthehighstreet.com brightens up the wall above Tate's Mamas & Papas cot. The nursing chair in the corner belonged to Clive's grandmother.



## Get Nichola's retro look



Utility **teapot** in Grey, £7, Wilko

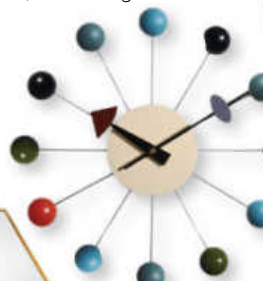


White basket **lantern**, £12, Marquis & Dawe



Barcelona **bowl**, £7.95, Dotcomgiftshop

Multi-coloured ball **clock**, £43, Italia Designs



Kitsound Jive retro **DAB radio** in Duck Egg Blue, £75, Tesco



Arles desk **lamp** in Mint, £96, In-Spaces



Diagonal-print **cushion**, £32, Oliver Bonas



Hexagon **mirror** with chain, from £25, Oliver Bonas

Karla **armchair** in Stonewashed Grey, £329, Swoon Editions



Multi-colour check **throw**, £25, M&Co



Cairness **sofa**, £1,768, Darlings of Chelsea

A fabulous investment!

Mid Century poppy design **flask** and **cup**, £12.95, Dotcomgiftshop





# A fun space everyone can enjoy!

Catherine Walker, from Harrogate, has created a bright outdoor retreat full of ideas and different zones where the whole family can spend time

**A**s busy working parents, Catherine Walker and her husband Stephen have little time to devote to gardening, though they do love being outdoors in summer. And this was the starting point when it came to planning their outside space. 'We wanted a low-maintenance garden that was fun for the children but also a grown-up area where we could entertain family and friends,' says Catherine, 46, who works as a primary school teacher.

Catherine and Stephen, a financial adviser, bought their three-bedroom semi in 2013. It needed a total refurbishment, so the couple didn't start work on the garden until the summer of 2014. They wanted to create a patio area ➤

## GROWN WITH LOVE

The potting bench is Catherine's favourite part of the garden. It's a calming area where she can potter to her heart's content.



## SIT BACK AND RELAX

Catherine likes to take time out in her patio area – the perfect escape after a busy day.





**GARDEN PARTY**

Covered in beautiful fabric from a selection at Malabar, the metal gazebo from Primrose has become a focal point of the garden. It also provides shade from the midday sun.

*A fun gazebo is the perfect spot to host a tea party!*





# Gorgeous real garden



where they could entertain. 'Stephen put down some decking over a weekend,' says Catherine. 'It was hard work but it looks fantastic. We love the versatility that this area now offers. The children can use it during the daytime, then at night, the decking is transformed into an area for grown-ups with candle lanterns and pretty fairy lights hanging from the apple tree. It feels magical!'

Catherine then went in search of some suitable garden furniture. 'I settled on a rattan-effect seating arrangement of a small sofa, chair and table,' she says. 'It's a practical option as it's weatherproof and I accessorised the area using a mixture of fabrics and colourful accessories.' Catherine chose a selection of vibrant candy-stripe fabrics from Malabar for her cushions and tablecloths. 'I love striped fabric and it was hard to choose which ones I wanted,' she says. 'I completed the look with brightly coloured bunting.'

A few salvaged finds take pride of place. Catherine's favourite is a wooden cable reel that Stephen sanded down and sealed, which is now used as a useful side table. Some old garden chairs that were left in the shed by the previous owner have been updated with a lovely soft grey paint.

With the deck area sorted, the other garden zones fell into place. Catherine decided the lawn could be made into a focal point by buying a fun gazebo to use in summer. Decked in maroon fabric, chosen to contrast and coordinate with the seating area, it creates a vibrant centrepiece and offers a shady respite from the midday sun.

## IT'S ALL FUN AND GAMES

(LEFT) The girls have lots of fun with a horse tyre-swing from Cox & Cox. (RIGHT) Catherine's nephews have created their own den area with these colourful wigwams from Great Little Trading Company.

**'At night, the decking is transformed with the use of fairy lights. It's magical'**

'Our girls, Liberty and Scarlett, love to have their friends over for picnics and wanted to hang brightly coloured pompoms around the garden,' says Catherine. 'As they are very light and delicate, we opted to hang them at different heights from the gazebo. We're lucky to have some apple trees in the garden, so my sister bought the girls a wonderful hanging

tyre horse. This provides hours of entertainment for them and their cousins Oli and Alf when they come to stay. I also found the boys some colourful tents to play in – they love their den area!'

Catherine says her favourite area of the garden is her potting bench. 'It's my small retreat where, left to my own devices, I potter around!'

In order to update her plants according to the season, Catherine uses galvanised steel planters dotted around the garden. 'This year, I planted soft pink hydrangeas and scented French lavenders, which complement the vibrant colours I've used in the garden,' she says.

The family also love to use fresh herbs in their cooking. 'I have a wooden crate with a plentiful supply of basil, thyme, mint and rosemary, all of which have a lovely aroma,' says Catherine. 'It's so nice to introduce the children and their friends to edible plants at an early age, so I often get them to pick some for me. They then have an involvement from initially planting a seed to eating what we've grown and they really enjoy that process.'

Catherine is delighted with what has become central to family life in the summer. 'We've created a stylish, low-maintenance garden with only a small budget,' she says, 'but it's one that also suits all our needs.'

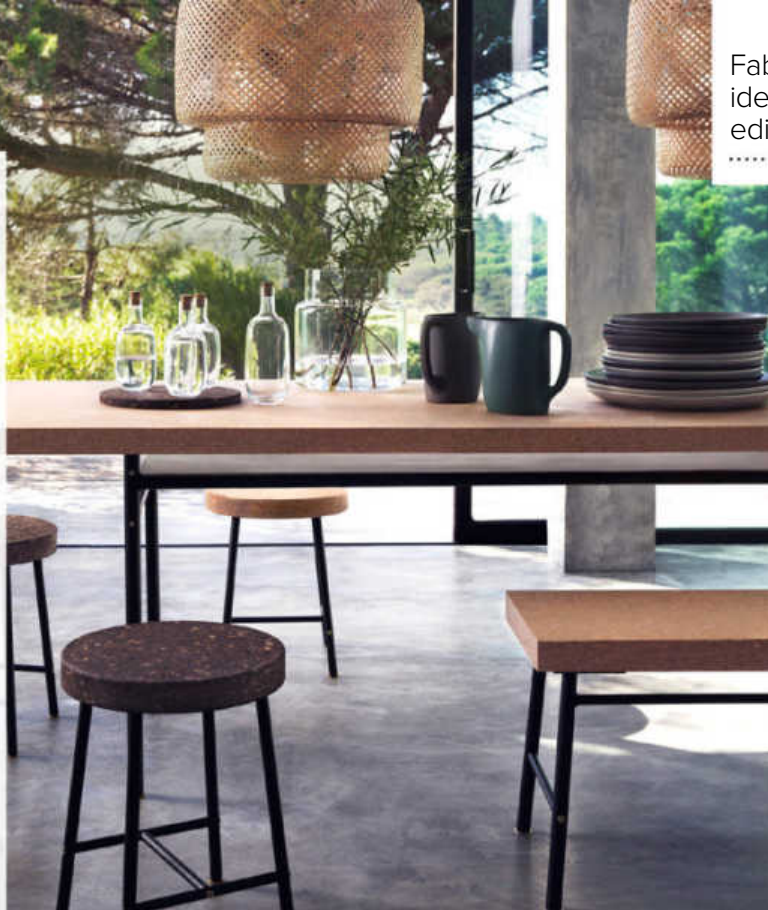




## Simple & stunning

This month, I'll be heading to Ikea to savour the store's new collaboration with designer Ilse Crawford. Every piece in the collection is an understated treat, featuring up-to-the-minute designs in natural materials (such as cork, acacia and bamboo) in calm, muted colours. Items range from bench tables to hand-blown glass bottles and jugs.

**Table**, £250; **stools**, £50 each; **bench**, £100; pendant **lamps**, £40 each; **jugs**, £5.50 each; **plates**, £6 each; **bottles**, from £4.50 each; **large jar**, £17.50, all **SINNERLIG** collection at Ikea



Fab home and garden ideas from associate editor GARY IRWIN



## BAKE IT BRIGHT!

Feeling inspired by *The Great British Bake Off*? Be the star baker with these eye-catching buys...



**BAKE lights** (pictured, top), £80, Laura Ashley

**Cake tins**, £29.95 for 3, Joules

Neon kitchen **scales**, £32.95, Rigby & Mac



Silicone heart **baking pans**, from £2.49 each, Poundstretcher



Colourful **measuring cups**, £7.50 for 4, Marks & Spencer



Silicone **cake cases**, £2 for 12, George Home

## Style it, grow it, love it!



Large Umbra cubist **shelf**, £40, Red Candy

### BOX CLEVER

Bring the outside in and display your plants and flowers with pride in this fab cube wall display. Not only is it clever, with its floaty, 3D effect, but it's handy, too, with a shelf offering extra storage space.

### Buy of the month

#### SITTING PRETTY

There are some lovely dressing tables around at the moment that add a touch of glam to the bedroom. This Aldo design has star quality with its large mirror and built-in jewellery box. The tubular leg design is bang on-trend and the perfect style solution if space is tight.



Aldo **dressing table**, £259, Made.com



### INDIAN SUMMER LOVIN'

September's one of my favourite months – a gorgeous transition towards autumn while still feeling summery, perfectly captured by this Cordelia bedlinen collection, featuring an exotic floral design in rich colours and made from quality cotton. The luxurious throw is just the thing as a topper when nights cool down.

Cordelia **bedlinen**, from £12.99 for an Oxford pillowcase; teal velvet **throw**, £149.99, all Dorma



Recipe inspiration

# British & so delicious



*Try this*

Save time by cooking the beetroot the night before or buy it pre-packed and ready-cooked.



British Food Fortnight is coming soon (from 19 September) and there is every reason to be patriotic in the kitchen with so many fabulous home-grown flavours. Enjoy our week-long tribute to the nation's produce...

## LAID-BACK MONDAY

### Black pudding with new potatoes & beetroot

An easy and delicious start to the week.

**SERVES 4** PREP: 10 mins  
COOK: 1 hr TOTAL COST: £8.86

- 1 bunch of beetroots, trimmed
- 500g pack baby new potatoes, halved
- Drizzle of olive oil
- 125g/4oz black pudding, sliced
- 2 x 100g bags watercress
- 125g/4oz Lancashire cheese, crumbled
- Handful of purple micro leaves, such as amaranth, for garnish (optional)

FOR THE DRESSING:

- 3tbsp extra virgin olive oil
- 1tbsp cider vinegar or raspberry vinegar
- 1tsp English mustard
- Pinch of sugar, to taste

● Preheat oven to gas mark 6/200°C (180°C in a fan oven). Add beetroot to a roasting tin, pour in water to come halfway up side of tin, cover with foil and put in oven for 1 hr. When cool enough to handle, remove, peel skin and cut into eighths.

● Meanwhile, add potatoes to a pan of boiling salted water and cook for 15 to 20 mins until tender. Drain and put aside.

● For the dressing, mix all the ingredients and put aside. Add oil to a frying pan, then add black pudding. Cook for few mins until crispy and crumbly. To serve, add watercress to a dish and top with potatoes, beetroot, black pudding and cheese. Scatter over micro leaves, if using, drizzle over dressing and dig in. PER SERVING: KCALS 403; FAT 25g; SAT FAT 10g; CARBS 27g



## BAKE-IT TUESDAY

### Easy-peasy breakfast pie

Great British brekkie favourites all in one slice. Utterly irresistible.

**SERVES 6** PREP: 20 mins  
COOK: 1 hr 10 mins TOTAL COST: £6.19

- 500g pack shortcrust pastry (there will be some left over)
- Drizzle of olive oil
- 200g/7oz mushrooms, sliced
- 5 slices of bacon, cut into small pieces
- 150ml/5fl oz double cream
- 150ml/5fl oz milk
- 5 eggs

• Green leaves, eg pea shoots, to serve  
YOU WILL NEED: A 20.5cm/8in loose-bottom flat tin, parchment paper and baking beans

● Preheat oven to gas mark 6/200°C (180°C in a fan oven). Roll out pastry on to a lightly floured board then use to line the tin, letting edges overlap. Line with baking parchment and baking beans and put in oven for about 15 to 20 mins until just turning golden on the edges. Remove from oven, take out the baking beans and parchment, then put

back in oven for 2 mins to crisp the base. Trim edges and put aside. Turn down oven to gas mark 4/180°C (160°C in a fan oven).

● Heat oil in a large frying pan, add mushrooms, season and cook for 3 to 4 mins to soften, then transfer to the tart base. Add bacon pieces to the pan and cook for a few mins until golden then add these to the mushrooms, and mix a little so even. Sit the tart on a baking sheet.

● In a jug, whisk together the cream and milk. Beat in 2 eggs, season, then pour over tart base, making sure you leave enough room to crack in the rest of the eggs; there may be some mixture left over. Now, crack remaining eggs into the tart and put in oven to bake for 30 to 40 mins, or until set. Remove and leave to rest before eating. When ready, slice and serve with some pea shoots. You can enjoy this hot or cold.

PER SERVING: KCALS 576; FAT 42g; SAT FAT 18g; CARBS 31g ➔



Try this  
You could use  
other fish in this pie  
– smoked haddock,  
mussels or scallops  
will all work.



## MAKE-AHEAD WEDNESDAY

### Summery fish pie

The creamy white sauce in this fish pie has a hint of lemon and tarragon, plus peas and tomatoes.

**SERVES 4** PREP: 10 mins COOK: 55 mins  
TOTAL COST: £11.03

- 1kg/2¼lb floury potatoes, such as Maris Piper, peeled and quartered
- 100g/3½oz butter, plus extra for mash and to glaze pie (optional)
- About 900ml/1½pt milk
- 400g/14oz salmon fillets, skinned
- 1tbsp flour
- Zest of ½ lemon
- Handful of English parsley, leaves only, finely chopped

- 2tsp capers, roughly chopped
- A few tarragon leaves, finely chopped (to taste)
- 175g/6oz frozen peas (soaked in boiling water for 2 mins, refreshed and drained)
- Handful of cherry tomatoes, halved
- 150g/5oz ready-cooked king prawns, shells and tails removed
- Preheat oven to gas mark 5/190°C (170°C in a fan oven). Put potatoes in a pan of boiling salted water and cook for 15 to 20 mins until tender. Drain, mash, add knob of butter and mash until smooth. Add a drizzle of milk and mash until creamy. Put aside.
- Meanwhile, add salmon to a large frying pan, pour over water to cover (or use milk if you prefer, then drain and use for sauce),

season and cook with lid ajar for about 8 to 10 mins until opaque and cooked (don't overcook). Remove with a slotted spoon, cut into bite-size pieces and add to an ovenproof dish. Melt butter in a pan, stir in flour then slowly add the rest of the milk until it thickens. Season well and stir in the lemon zest, parsley, capers, tarragon, peas, tomatoes and prawns.

● Spoon mixture over salmon and top with the mashed potato. Decorate the top with a fork or round-ended knife, brush with a little melted butter, if using, and put in the oven for about 25 to 35 mins until golden and bubbling. Serve and enjoy.

PER SERVING: KCALS 793; FAT 42g; SAT FAT 21g; CARBS 59g



## Stuffed courgettes with herbs

An easy, light and healthy meal that doesn't skimp on taste.

**SERVES 4** PREP: 15 mins COOK: 30 mins TOTAL COST: £5.85

- 4 tomatoes
- Large handful of fine white breadcrumbs
- 2 cloves of garlic, finely chopped
- 50g/2oz Parmesan, finely grated
- Handful of thyme leaves, chopped, plus a few stalks for garnish
- 4 courgettes, topped and tailed and sliced lengthways
- 5tbsp olive oil

• First, skin the tomatoes – make a cross at the base of each one, immerse into boiling water for about 30 seconds, then plunge

into cold water and peel away the skin. Chop the flesh and put into a bowl. Add breadcrumbs, season, then stir in garlic, Parmesan and thyme leaves.  
• Rub each courgette with olive oil (use 3tbsp), sit them in a roasting tin and spoon the tomato mixture on to each one. Drizzle over remaining oil and put in oven for about 25 to 30 mins, or until golden. Remove from the oven, garnish with thyme stalks and serve with a lightly dressed green salad and crusty bread.

PER SERVING: KCALS 190; FAT 13g; SAT FAT 4g; CARBS 9g ➔





## Recipe inspiration



*Try this*

You could swap  
the cider for beer if  
you wanted a more  
traditional batter  
flavour.



## FISH & CHIP FRIDAY

# Cider-battered haddock & chips

Better than a takeaway

Something to look forward to at the end of the week – preferably eaten outside in the sunshine!

**SERVES 4** PREP: 20 mins  
COOK: 30 mins TOTAL COST: £9.97

- About 900g/2lb potatoes, peeled and sliced into chips, all about finger width
- 1-2tbsp olive oil
- Pinch of sea salt
- About 500ml/18fl oz sunflower oil
- 4 haddock fillets, skinned
- Lemon wedges, to serve (optional)

FOR THE BATTER:

- 100g/3½oz self-raising flour, plus extra for dusting
- About 120ml/4fl oz dry cider (use a little more or a little less to get your ideal batter consistency)
- For the batter, mix together the flour and cider, season and put to one side. Preheat oven to gas mark 6/200°C (180°C in a fan oven). Add potatoes to a large roasting tin and toss with the olive oil, sprinkle with sea salt and put in the oven for about 25 to 30 mins or until cooked and golden.

• Add sunflower oil to a deep-sided pan (it should be no more than one third full) or a deep fat fryer and heat until hot. Dust 1 haddock fillet lightly with flour, then dip it into the batter mix to coat before carefully lowering it into the hot oil. You can test if the oil is hot enough by adding a spoonful of the batter – it should crisp in an instant. Cook for about 3 to 4 mins until golden and crisp. Continue until all the fillets are cooked, keeping an eye on the oil all the time.

• Transfer the fish and chips on to plates or dishes lined with greaseproof paper. Serve with a lemon wedge, if using, and then pass around the salt and vinegar! PER SERVING: KCALS 472; FAT 10g; SAT FAT 1.5g; CARBS 56g



## CHILLED-OUT SATURDAY

# Special ham & pea soup

A great make-ahead lunch dish

To save time, cook the ham in advance, as the rest cooks in under half an hour.

**SERVES 4-6** PREP: 10 mins  
COOK: 2 hrs 25 mins TOTAL COST: £8.18

- 2 unsmoked ham hocks (use smoked, if you prefer)
- 500ml/18fl oz dry cider, plus a splash
- 2 bay leaves
- Handful of black peppercorns
- 1-2tbsp olive oil
- 1 onion, finely chopped
- 2 celery stalks, finely chopped
- 3 cloves of garlic, finely chopped
- 900ml/1½pt hot vegetable stock
- 500g bag frozen peas
- Handful of fresh mint leaves, chopped (reserve some for garnish)
- Add ham hocks to a deep pan, pour in cider, add bay leaves and peppercorns and top up with water to just cover. Put on

the hob, with lid ajar, and cook gently for 2 hrs, adding more water, if needed. Poke to see if tender, remove and, when cool enough to handle, remove outer skin and shred meat from bone. Cover and put in fridge until ready to use (you can reserve some of the stock to use, if you wish).

• When ready to make the soup, heat oil in a pan, add onion, season and cook for 2 to 3 mins until soft. Add celery and cook on low for 10 mins until soft then stir in garlic and cook for a few more mins.

• Add cider, increase heat and bubble for a few mins. Pour in stock and bring to the boil, simmer gently then tip in the peas and mint. Simmer gently for a few mins. Ladle half the soup into a liquidiser, blitz and return to pan. Add the ham to the soup and warm through. Serve with mint leaves. PER SERVING: KCALS 295-197; FAT 7-4.5g; SAT FAT 2.5-1.5g; CARBS 17-11.5g ➔





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**SARNIE**  
WITH A LITTLE  
*Je ne sais quoi.*



Introduce a bit of French flair to your snacks.  
With its mild, creamy taste and oozing texture,  
President Brie makes any sandwich superbe.





# Roast chicken with home-made stuffing

Is there anything better than a beautifully roasted bird? The whole family will love it!

**SERVES 4-6** PREP: 10 mins

COOK: 1 hr 30 mins TOTAL COST: £9.03

- Knob of butter
- 1 chicken, about 1.6kg/3½lb
- Drizzle of olive oil
- Handful of rosemary stalks
- 1 onion, roughly chopped
- 1tbsp flour

FOR THE STUFFING:

- 1tbsp olive oil
- 1 onion, finely chopped
- 2 cloves of garlic, finely chopped
- 6 good-quality pork sausages, skinned
- 4 sage leaves, chopped

- Large handful of white breadcrumbs
- 1 egg, lightly beaten
- Preheat oven to gas mark 6/200°C (180°C in a fan oven). For the stuffing, heat oil in a frying pan, add onion, season and cook for a few mins until soft (don't brown). Stir in garlic and cook for a few mins. Leave to cool, then transfer to a bowl and mix with sausage meat, sage, breadcrumbs and egg. Season and put aside.
- Dot butter over chicken, drizzle with oil and season. Sit chicken in a roasting tin and stuff the neck with the sausage meat.
- Stuff main cavity with rosemary and onion and put in oven to cook for between

60 and 90 minutes until golden all over and juices run clear when poked. Remove from oven, cover to keep warm and leave it to rest for about 10 mins. Slice to serve.

• To make gravy, tip away most of the oil from the tin, reserving some of the sticky juices. Sit it on the hob, mix the flour with water, add it, stirring, then pour in hot water from the kettle and keep stirring and bubbling until the right consistency. Taste and season – add some herbs and a splash of white wine, if you like. Serve the chicken with gravy and any extra stuffing.

PER SERVING: KCALS 634-423;

FAT 32-22g; SAT FAT 11-7g; CARBS 11-7g



Try this

Simply roll any leftover stuffing into balls and place in the tin to cook alongside the chicken.



Slug here

# Get set... BAKE!

Yes, the wait is over and it's time for *The Great British Bake Off* once again, so we're bringing you a selection of recipes guaranteed to win you the Star Baker crown with your friends and family





# SENSATIONAL SAVOURIES

## Butternut squash & sage tart

You can serve this mouth-watering tart warm or cold – it's delicious either way.

### SERVES 6

PREP: 35 mins, plus chilling

COOK: 45 mins

#### FOR THE PASTRY CASE:

- 150g/5oz plain flour, plus extra for dusting
- 75g/3oz butter

#### FOR THE FILLING:

- 300g/11oz butternut squash
- 25g/1oz baby spinach leaves, rinsed
- 75g/3oz goats' cheese
- 3 sage leaves, chopped
- 200ml/7fl oz double cream
- 2 eggs

YOU WILL NEED: A 20.5cm/8in fluted flan tin, baking parchment and baking beans

● Heat oven to gas mark 6/200°C (180°C in a fan oven).

● To make pastry case, place flour and butter in a food processor and blend until mixture looks like breadcrumbs. Add 3tbsp water and blend again (adding a little extra cold water, if needed). Turn out mixture on to a work surface and knead slightly, bringing it into a ball. Chill for 15 mins.

● Peel and dice butternut squash, then roast in the oven for about 15 mins or until just tender.

● Dust a work surface with flour, then roll out pastry thinly until large enough to line flan tin. Lift pastry into the tin, trim the edges and line with baking parchment and baking beans. Bake for 15 mins, then remove parchment and beans.

● Add butternut squash and spinach to pastry case. Crumble goats' cheese over the top and scatter over sage.

● Beat together cream and eggs with plenty of seasoning and pour into the tin. Bake for 25 to 30 mins or until the mixture is golden and the custard is just set.

PER SERVING: KCALS 432; FAT 34g; SAT FAT 20g; CARBS 23g



*Release your inner Paul Hollywood!*

## Pizza swirls

These work well for packed lunches and are perfect served with soup.

### MAKES 12 SWIRLS

PREP: 30 mins, plus proving

COOK: 20 mins

#### FOR THE DOUGH:

- 500g/1lb 2oz strong white bread flour
- 7g sachet easy bake yeast
- 1tsp each sugar and salt
- 1tbsp olive oil
- 300ml/10fl oz warm water

#### FOR THE FILLING:

- 18 rashers streaky bacon, snipped
- 5 or 6tbsp tomato ketchup
- 1 roasted red pepper (from a jar), diced
- About 12 basil leaves
- 75g/3oz mozzarella
- 50g/2oz Parmesan, grated

YOU WILL NEED: A baking tray

● Heat oven to gas mark 6/200°C (180°C in a fan oven).

● To make dough, place flour, yeast, sugar and salt in a mixing bowl. Add oil and water and mix to a pliable dough. Turn out on to a work surface and knead for 10 mins until smooth and elastic (or mix for 5 mins in an electric mixer with a dough hook). Dry-fry bacon until crispy.

● Roll out dough to a rectangle (about 35cm/14in x 25cm/10in). Spread the tomato ketchup over dough, then sprinkle over red pepper and bacon. Tear basil leaves and scatter over the top. Tear mozzarella into pieces and arrange on top, then sprinkle over Parmesan.

● Roll up dough tightly from one long edge (like a Swiss roll), then slice into 12. Arrange on baking tray with a 2cm/¾in space between each slice to allow room for spreading. Cover with oiled cling film and leave in a warm place to rise for about 45 mins or until doubled in size.

● Bake for about 20 mins until rolls are golden brown and have risen. Serve hot or cold. You can freeze for up to 1 month.

PER SWIRL: KCALS 300; FAT 13g; SAT FAT 5g; CARBS 34g ➡



Daisy wanted her birthday  
cake to be beautifully coloured,  
EXACTLY like her favourite dress.



Daisy and her Mum mixed and matched their colours perfectly using Wilton's Colour Right System, available exclusively from Lakeland. See how easy it was at [lakeland.co.uk/daisy](http://lakeland.co.uk/daisy)

**LAKELAND**  
online | mobile | in store



Try this

Why not experiment with other ingredients? Swap the caraway seeds for rosemary, if you like.

## Raisin & caraway seed bread

So quick and easy to make, this hearty loaf goes perfectly with cheese.

### MAKES 1 LOAF

PREP: 20 mins, plus proving

COOK: 35 mins

- 300g/11oz granary or country grain flour
- 200g/7oz rye flour
- 1tsp salt
- 1tbsp honey
- 2tsp caraway seeds
- 7g sachet easy bake yeast

- 2tbsp light olive oil
- 300ml/10fl oz hand-hot water
- 150g/5oz raisins

YOU WILL NEED: A baking tray

- Heat oven to gas mark 7/220°C (200°C in a fan oven).
- Mix together flours, salt, honey, caraway seeds and yeast in a large bowl. Add oil and water, then mix together until a soft dough starts to form.
- Add raisins and knead dough until smooth and elastic – this can take up to 10 mins by hand or 5 mins in an electric

mixer with a dough hook. Shape dough into an oval and place on a baking tray.

• To prove, cover dough loosely with oiled cling film and leave to rise in a warm place until doubled in size. Remove cling film and slash dough lengthways down the middle.

• Bake bread for 15 mins, then reduce oven temperature to gas mark 6/200°C (180°C in a fan oven) and cook for a further 15 to 20 mins until the bread has risen, is golden brown and sounds hollow when tapped underneath.

PER SLICE (makes 8 slices): KCALS 237; FAT 3g; SAT FAT 0.5g; CARBS 48g





## SWEET TREATS

### Coconut & lime cupcakes

A sophisticated take on cupcakes, these are deliciously light and zesty.

**MAKES 12 CUPCAKES**

PREP: 30 mins COOK: 25 mins

FOR THE SPONGE:

- 125g/4oz butter, softened
- 125g/4oz caster sugar
- 3 medium eggs, beaten
- 125g/4oz self-raising flour
- 25g/1oz desiccated coconut
- Zest of 1 lime

FOR THE SYRUP:

- Juice of 1 lime
- 25g/1oz caster sugar

FOR THE ICING:

- 280g pack full-fat cream cheese
- 150g/5oz icing sugar
- 300ml/10fl oz double cream
- Zest of 1 lime

YOU WILL NEED: A 12-hole cupcake tin, lined with paper cases, a pastry brush, a plastic piping bag

● Heat oven to gas mark 4/180°C (160°C in a fan oven).

● To make sponge, place butter and sugar in a mixing bowl and beat until light, creamy and pale in colour. Gradually add eggs, beating well after each addition. If mixture curdles, add a spoonful of flour. Lightly stir in the remaining flour and the coconut and lime zest until evenly mixed.

● Divide mixture between cupcake cases and bake for 20 to 25 mins until golden and firm to the touch.

● Meanwhile, make the syrup. Pour lime juice into a pan and add sugar. Bring to boil and cook for 1 min to thicken slightly. Brush mixture over tops of cakes when they come out of oven. Leave to cool in tin for 5 mins then turn out on to a wire rack to cool.

● To make icing, beat together cream cheese and icing sugar until smooth, then add cream and whisk until thick enough to pipe. Place in a piping bag and snip off the end to make a 1cm hole. Pipe swirls of icing on to cupcakes and decorate with lime zest.

PER CUPCAKE: KCALS 471; FAT 36g; SAT FAT 22g; CARBS 33g ➔

### Chocolate tartlets

These are surprisingly easy to make and they're a real crowd-pleaser!

**MAKES 12 TARTLETS**

PREP: 25 mins, plus setting COOK: 15 mins

FOR THE PASTRY:

- 375g pack sweet dessert pastry

FOR THE FILLING:

- 150ml/5fl oz double cream
- 1tbsp runny honey
- 100g/3½oz plain chocolate (60% cocoa solids)
- 50g/2oz butter

TO DECORATE:

- 50g/2oz white chocolate
- A few milk chocolate drops

YOU WILL NEED: A 7.5cm/3in round pastry cutter, 12-hole shallow bun tray, baking parchment, baking beans, a small plastic piping bag

● Roll out pastry to the thickness of a £1 coin. Using a round pastry cutter, cut out 12 circles and use to line bun trays. Prick bases with a fork and chill for 10 mins. You will have some pastry left over, which you can use to make jam tarts

or keep for another time (it will freeze for up to 3 months).

● Heat oven to gas mark 6/200°C (180°C in a fan oven). Line each pastry case with a circle of baking parchment and fill with baking beans. Bake for 12 to 14 mins until golden, then remove parchment and beans and leave to cool on a wire rack.

● To make filling, place cream and honey in a pan and bring to the boil. Remove from heat and add chocolate, stirring until melted. Add butter and stir until smooth. Allow to cool a little, then pour mixture into pastry cases and leave to set in the fridge (for about 1 hr).

● For daisy decorations, melt white chocolate in a small bowl over a pan of gently simmering water. Place in a piping bag and allow to cool until thick enough to pipe, then snip off the end of the bag. Lay a sheet of baking parchment on to a tray and pipe daisy shapes, adding a chocolate drop in the centre of each. Chill until set, then carefully place on top of the tartlets. The tartlets will keep in the fridge for up to 3 days.

PER TARTLET: KCALS 303; FAT 23g; SAT FAT 11g; CARBS 23g

**Bake it!**

*Try this*

Make these a bit more grown up by adding a dash of rum or coconut liqueur.



*The perfect treat for  
an afternoon tea*



# Bake it!

Try this

These meringues are best made in 2 batches, unless you have a double oven.

This pretty pud will wow your guests!



• Want more baking inspiration or looking for a gift for a friend who loves to spend time in the kitchen? Then look no further! Prima's *The Joy of Baking*, on sale now in supermarkets and newsagents, is perfect. And, at only £6.99, it's amazing value. So, what are you waiting for? Get set... SHOP!

# Rainbow meringue layers

Serve this stack of meringues with a mixed berry compote – divine!

## SERVES 8

PREP: 1 hr COOK: 2 hrs

FOR THE MERINGUES:

- 6 egg whites, at room temperature
- 300g/11oz caster sugar
- Gel food colours in various shades

FOR THE FILLING:

- 300ml/10fl oz double cream
- Sugar sprinkles

YOU WILL NEED: 2 baking trays, both lined with parchment

- Heat oven to gas mark  $\frac{1}{2}$ /130°C (110°C in a fan oven).
  - Draw a circle about 18cm/7in in diameter on each sheet of baking parchment.
  - To make meringues, prepare the first batch by using half the ingredients. Put 3 egg whites in a large, clean bowl and beat with an electric whisk or mixer at a slow speed. Once they look frothy, increase the speed to medium and whisk until they stand in stiff peaks. Whisk in 150g/5oz sugar, 1tbsp at a time, on high speed until it forms a stiff, glossy meringue.
  - Divide mixture in half and colour each half with a little different food colouring. Using a teaspoon, drop 3 or 4 small blobs of each meringue on to the trays (outside the circle), and spread the rest of each mixture within the circles.
  - Put the meringues in the oven and bake for 1 hr. Turn off the oven and leave meringues inside to cool, then carefully remove from trays, keeping them on the baking parchment.
  - Add extra baking parchment to trays and repeat process to prepare second set of meringues. When ready to serve, whip cream until it just forms soft peaks. Carefully remove baking parchment from meringues and lay 1 on a plate. Spread over some whipped cream and stack another meringue on top – repeat until all meringue layers have been used. Dip the bottoms of each mini meringue first in cream, then sprinkles and place on top of the meringue pile. Serve within 1 hr.
  - The unfilled meringues will keep in a cake tin for 1 week.
- PER SERVING: KCALS 342; FAT 20g; SAT FAT 12.5g; CARBS 38g



## Cute kitty cake

We used a rich chocolate mixture as the base for this cake. Decorate it with icings that are coloured to match the colour of your own cat.

## SERVES 8

PREP: 1 hr COOK: 30 mins

FOR THE CHOCOLATE CAKE:

- 100g/3½oz butter
- 100g/3½oz light muscovado sugar
- 100g/3½oz plain chocolate
- 50ml/2fl oz soured cream
- 1 egg
- 100g/3½oz self-raising flour
- 2tbsp cocoa powder

FOR THE ICING:

- 100g/3½oz butter
- 200g/7oz icing sugar

TO DECORATE:

- 50g/2oz chocolate flavour sugar paste
- 50g/2oz white sugar paste
- Blue and pink concentrated paste food colourings
- A few strands of spaghetti (for whiskers)
- Sugar mice (optional)

YOU WILL NEED: A 20.5cm/8in round cake tin, base lined with baking parchment, a piping bag with a small star nozzle

- Heat oven to gas mark 4/180°C (160°C in a fan oven).
  - Heat butter, sugar and 50ml/2fl oz hot water in a medium pan until melted. Add chocolate and stir until melted. Leave to cool for 1 to 2 mins. Beat in soured cream, then egg. Add flour and cocoa powder and mix well until smooth. Add to cake tin and bake for 25 to 30 mins or until mixture feels just firm in the centre. Allow to cool in the tin for 10 mins, then turn out and cool completely.
  - To make icing, beat butter and icing sugar together until smooth, then place in a piping bag fitted with a small star nozzle. Pipe stars all over the top of the cooled cake.
  - To decorate, shape ears and cheeks from the chocolate sugar paste and place on the cake, piping icing inside the ears for detail. Colour a little sugar paste blue and cut out 2 oval eyes, then top with circles of chocolate sugar paste, and pipe small white dots for pupils. Colour a very small piece of sugar paste pink, then make a heart-shaped nose and add to the cake. Stick the spaghetti strands into the 'cheeks' for cat's whiskers.
- PER SERVING: KCALS 513; FAT 27g; SAT FAT 16g; CARBS 65g



# A feast of fruit

Gorgeous plump fruit are in abundance now. Savour the season's bounty by making a fabulous pudding your family and friends will devour

## Blackberry & damson syrup frozen fool

Sharp, tangy and sweet all in one refreshing mouthful.

### SERVES 6

PREP: 15 mins, plus overnight freezing

COOK: 10 mins TOTAL COST: £8.02

- 6 damsons or plums (makes about 300ml/10fl oz syrup)
  - Splash of rum (optional)
  - 300ml/10fl oz double cream
  - 75g/3oz golden caster sugar
  - 2 x 150g packs blackberries (reserve some for topping)
  - Put damsons in a pan with a splash of water and rum (if using) and simmer gently for about 5 mins until soft. Spoon into a sieve and pass through, collecting the juice in a jug. Put aside and leave to cool.
  - In a food mixer, whip together cream and sugar until just thickened (don't over whip), pour in cooled syrup and mix together. Add blackberries and mix briefly on a slow speed so they combine and the mixture turns pink (but be careful the blackberries don't turn to mush).
  - Spoon into serving glasses, cover with cling film and freeze overnight. Remove from the freezer 5 mins before serving. To serve, top each fool with a fresh blackberry.
- PER SERVING: KCALS 346; FAT 27g; SAT FAT 17g; CARBS 23g

*Try this*  
Use your favourite tippie in place of the rum – amaretto or Grand Marnier would be fab.





*Try this*  
Instead of white chocolate, you could serve this topped with extra fresh fruit of your choice.

## Blackberry & fig cheesecake

Save time when you're entertaining with this delicious cheesecake that can be made a day ahead.

### SERVES 10

PREP: 20 mins COOK: 2 mins

TOTAL COST: £9.24

- 75g/3oz butter
- 200g/7oz digestive biscuits, crushed
- 4 sheets of gelatine
- 300ml/10fl oz double cream
- 500g carton cream cheese
- 100g/3½oz caster sugar
- Zest of ½ lemon
- 2 x 150g packs blackberries
- Handful of white chocolate, finely grated, to decorate
- 3 or 4 fresh figs, halved, to decorate

YOU WILL NEED: A 20.5cm/8in deep springform, loose-bottomed cake tin, greased and lined

- Melt butter in a pan, stir in digestive biscuits and mix well. Press mixture into tin, leave to firm and put in fridge when cool. Add gelatine to a bowl, cover with cold water and leave to soften for 5 mins.
- Lightly whip cream until it is just thick. Put aside.
- Add cream cheese and sugar to a food processor and mix. Squeeze the excess water out of the gelatine and put in a bowl. Pour in 50ml

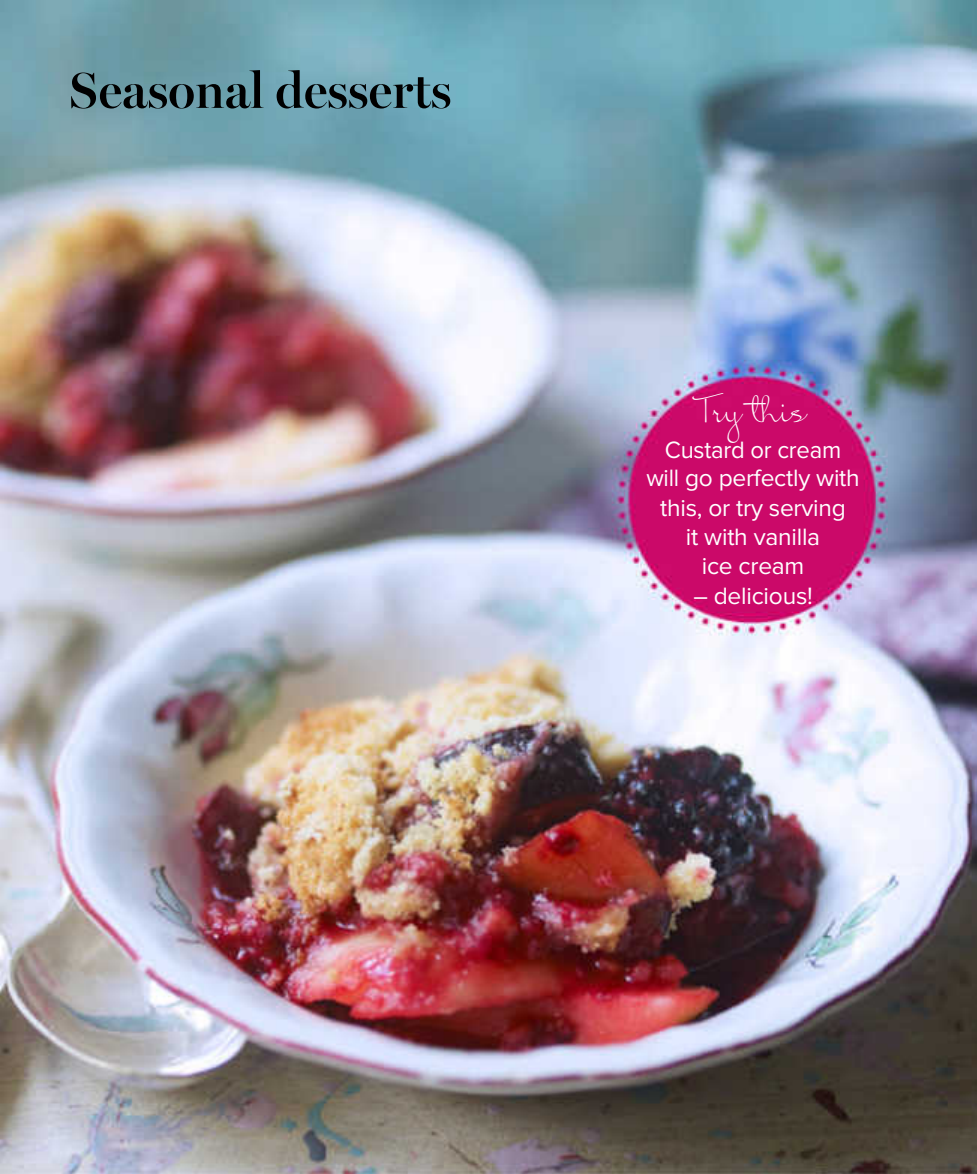
boiling water and mix with a fork until dissolved. Let it cool, add to the cream cheese mixture and mix.

- Mix the whipped cream, lemon zest and blackberries into the cream cheese mixture. Spoon evenly over biscuit base. Level the top, cover loosely with cling film and put in fridge to set overnight. When ready to serve, release cheesecake from tin and transfer to a serving plate. Decorate with grated white chocolate and top with fresh figs.

PER SERVING: KCALS 591; FAT 51g; SAT FAT 31g; CARBS 28g



## Seasonal desserts



*Try this*  
Custard or cream  
will go perfectly with  
this, or try serving  
it with vanilla  
ice cream  
– delicious!

### Orchard crumble

Fab flavours of plum, pear and blackberry, and the crumble topping is hard to beat.

#### SERVES 4

PREP: 15 mins COOK: 30 mins

TOTAL COST: £7.12

- About 5 plums, stoned and quartered
- 3 pears, peeled, sliced into chunky pieces
- 150g pack blackberries, large ones halved
- Sprinkle of demerara sugar (optional, depending on sweetness of fruit)

FOR THE CRUMBLE TOPPING:

- 125g/4oz plain flour
- 50g/2oz butter, cut into cubes
- 50g/2oz sugar

● Heat oven to gas mark 5/190°C (170°C in a fan oven). Lay the plums, pears and blackberries in a deep ovenproof dish, gently mix together and scatter over a little sugar, if you think the fruit needs it.

● To make the crumble topping, add flour to a bowl, tip in butter and rub it in gently using your fingertips – it doesn't have to be too fine. Then, stir through the sugar.

● Spoon crumble topping over the fruit to cover. Put in oven for about 30 mins or until golden and bubbling. If it starts to brown, cover loosely with foil until you see the juice bubbling up. Remove from oven and serve.

PER SERVING: KCALS 347; FAT 11g; SAT FAT 6.5g; CARBS 54g

Recipes, food and prop styling: Heather Whinney Photos: William Shaw

### Apple tarte tatin with orange water syrup

Wow friends with this stunning dessert!

#### SERVES 4

PREP: 15 mins COOK: 35 mins

TOTAL COST: £6.03

- 50g/2oz butter
- 50g/2oz golden caster sugar
- About 6 apples, peeled, cored and cut into wedges
- 225g/8oz shortcrust pastry
- Flour, for dusting

FOR THE SYRUP:

- 75g/3oz granulated sugar
- 1-3tbsp orange water

YOU WILL NEED: A 20.5cm/8in cast iron or ovenproof frying pan (use a larger pan and more apples for a bigger tarte)

- Heat oven to gas mark 5/190°C (170°C in a fan oven). First make the syrup. Add

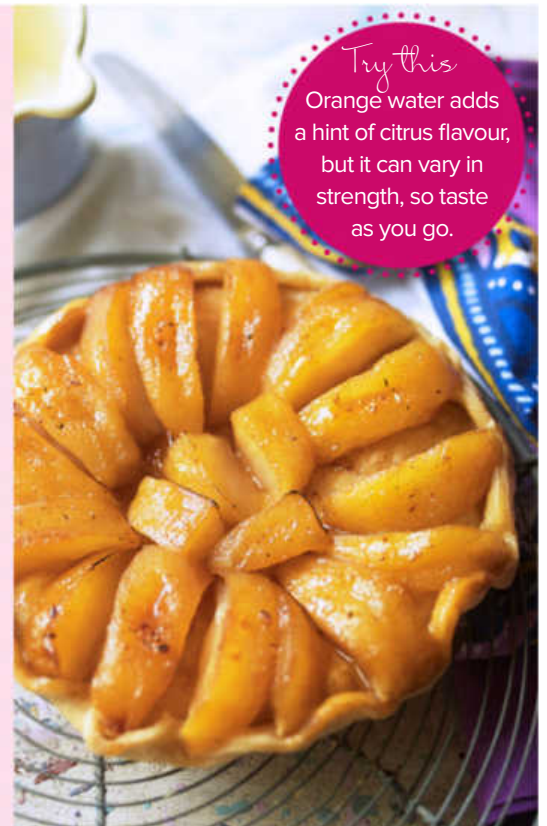
granulated sugar and orange water to a pan with 1 to 2tbsp of water, heat gently and stir until syrupy, then put aside.

- Melt butter in frying pan, add caster sugar and stir. Carefully add the apples, cut-sides up in a fan shape, around the pan, filling it up (remember the tarte will be inverted, so you'll see the other side).

- Let the apples cook for about 5 mins, until they just start to look golden (lift one up to check). When ready, remove pan from heat and put aside to cool.

- Roll out pastry on a lightly floured board. Use a 25.5cm/10in plate to cut out a circle (you'll need a larger plate if your pan is bigger). Lift pastry and sit on top of apples, tucking in edges. Bake for 20 to 30 mins until pastry is golden. Remove from oven, leave for a few mins, loosen edges with a knife then invert on to a plate (use oven glove as handle will be hot). Spoon over orange syrup; serve with crème fraîche.

PER SERVING: KCALS 594; FAT 26g; SAT FAT 11g; CARBS 81g



*Try this*  
Orange water adds  
a hint of citrus flavour,  
but it can vary in  
strength, so taste  
as you go.



## 3 of the best... BAKING BOOKS

Feeling inspired by the return of *The Great British Bake Off*? Brush up on your skills with these terrific hot-from-the-oven reads...

❶ **Bake It Yourself** by Richard Burr (Quadrille, £20). Fresh from last year's *Bake Off* final, the builder turned baker shows us more than 80 sweet and savoury recipes from blackcurrant macarons to a beef Wellington.



❷ **Delicious Gluten-Free Baking** by Howard Middleton (Robinson, £16.99; out 11 Sep). *Bake Off* favourite Howard champions tempting wheat-free and gluten-free bakes and shows they can be delicious. Recipes range from Dutch doughnuts to Portuguese sardine tart.



❸ **Quintessential Baking** by Frances Quinn (Bloomsbury, £25; out 27 Aug). By the winner of *Bake Off* 2013, this inspirational book is filled with simple recipes, like lemon cake and brownies, or more imaginative ones such as giant strawberry dodgers. Delish!



### AND ONE FOR LUCK...

Plus, of course, there's Prima's fabulous **The Joy of Baking**. Currently on sale in major supermarkets and newsagents for just £6.99, it's a collection of 139 of our favourite cakes and bakes. Treat yourself and enjoy – or get it as a gift for any *Bake Off*-mad friends!



Fab in 5 mins!

## Sensational scallops & spinach

Scallops are one of my favourite seasonal foods this time of year. They're delicious – just perfect for an al fresco lunch or a light, healthy dinner when the weather's hot. I love to knock up this super-fast recipe as it's really tasty and on the table in minutes: heat a drizzle of oil in a frying pan until hot, season scallops (remove roe), then add to pan and cook for 1 min. Turn and cook for 1 min more, then remove. Add spinach to pan for 1 min until wilted and serve topped with scallops. Voilà!

# Cook it, eat it, love it!



## WAFFLE ON

I love these crisp, crunchy vanilla waffles. You can serve them as a decadent accompaniment to ice cream, or satisfy your sweet tooth and enjoy on their own.

• Jules Destrooper Butter Waffles, £1.79 for 100g, Ocado

## SALAD DAYS

Liven up your salads with the range of edible blossom and micro herbs from Sainsbury's. From crimson basil and viola to micro coriander and purple shiso, they're sure to give your food a punchy zing. *Sainsbury's Taste the Difference* salads, £1.75 for 80g



## JAM PACKED WITH FRUIT

It's a key ingredient for sponges and scones, but if you don't have time to make your own jam, we've picked our favourites available at most supermarkets: **Bonne Maman Strawberry and Wild Strawberry Conserve** (£2.69) is full of chunky, plump strawberries with a wonderful aroma and it's not over sweet; **Thursday Cottage Diabetic Strawberry Jam** (£2.34) has great colour and texture, with no added sugar; **Wilkin & Sons Strawberry Conserve** (from £2.19) is deliciously juicy with a great spreading consistency – perfect to accompany those scones!





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# GET MAKING!

MAKE IT ★ SEW IT ★ KNIT IT ★ GIVE IT ★ LOVE IT



SEE OVER THE PAGE FOR OUR FAB 11-PAGE MAKES SECTION





# EXCLUSIVE PATTERN

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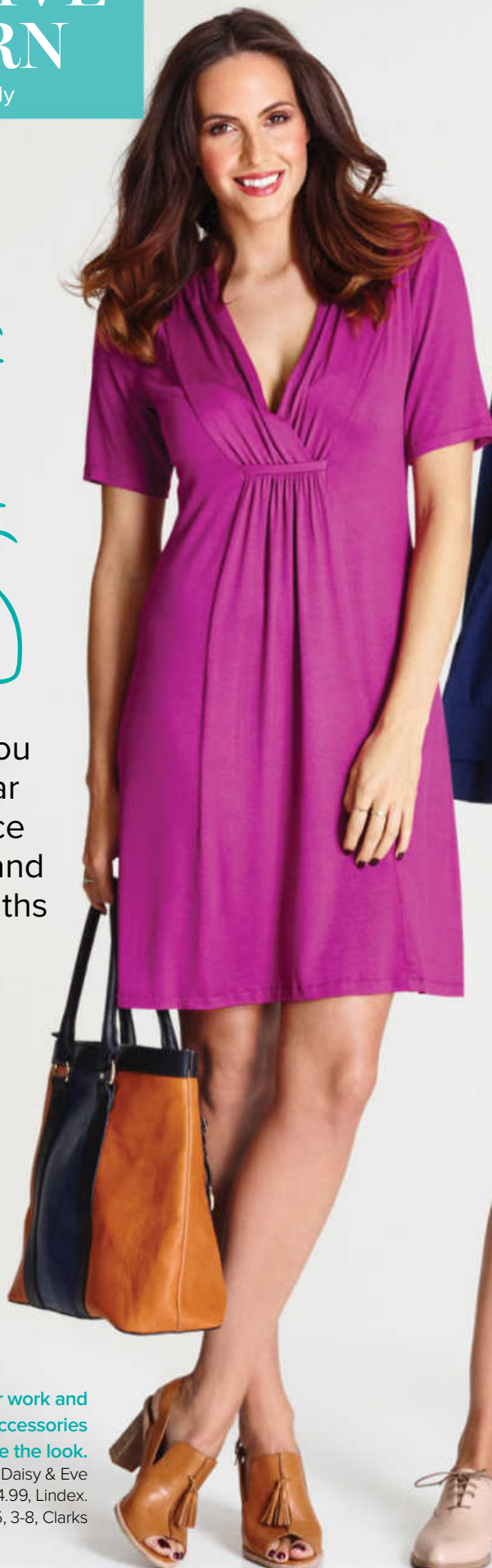
Make a dress you  
can wear all year  
round in a choice  
of two lengths and  
two sleeve lengths

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tricky!

An elegant outfit for work and  
play – just add tan accessories  
to complete the look.

**Rings**, £7.50 for 3, Daisy & Eve  
at Evans. **Bag**, £34.99, Lindex.  
**Shoes**, £65, 3-8, Clarks

For where to buy, see page 160



Add a cardie  
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that works  
everywhere:  
from the office  
to lunch, drinks  
and beyond.

**Cardigan**, £35, 8-20,  
Lands' End. **Shoes**,  
£69, 2-9, Dune

Feature: Janet Palmer Photos: Andy Parsons at Hearst Studios  
Styling: Helen Johnson Hair & make-up: Anna Durston Illustrations: Terry Evans



# Get making!

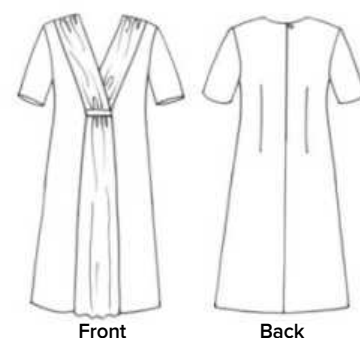
## NEED TO KNOW

### WOMEN'S SIZES 10-20

The dress with draped front bands and gathered front skirt panel can be made knee length or above the knee, with elbow length or above-the-elbow sleeves, and fastens with a centre back zip.

**FABRIC** Choose fine, soft fabrics that drape well, such as polyester, silk, viscose and fine jerseys. We used plain and printed viscose jerseys from Mad Jak.

**INSTRUCTIONS** The pattern pieces, cutting layouts and sewing instructions are all on the Prima pattern.



**TO ORDER THIS MONTH'S EXCLUSIVE PRIMA PATTERN,** call 0906 344 6850\* (or, from the Republic of Ireland, 1560 716 140\*). **If you're a subscriber and have opted in,** the Prima pattern will be included FREE every month with your copy of Prima.

\*Calls cost £1.50 per minute plus your telephone company's network access charge (ROI €1.28 per minute) and should last no longer than two minutes. You must be over 18 to call. UK SP: Spoke, 0333 202 3390. ROI SP: Phonovation/Spoke, 014378815. Lines close midnight, 30 September 2015. PLEASE ALLOW 28 DAYS FOR DELIVERY.

For off-duty weekends, layer your dress over a striped tee and team with metallic flats.

**Top,** £14.90, xs-xl, Uniqlo. **Shoes,** £49.99, 3-9, New Look

Glam heels take your dress seamlessly from day to night.

**Shoes,** £79, 3-8, Jones Bootmaker



# LISA COMFORT



Vest looking a bit tired? Spend a little time adding a cool peplum and you've created a funky new top. Easy!

## CUSTOMISES IT!



### TRENDY PEPLUM TOP

**T**his little transformation turns a plain vest into something really fun. Use a striped top like mine, or add shimmering fabric to a black vest for a glam top for the evening.



#### THE KIT

- Vest (tight fitting)
- Safety pin
- Tape measure
- Pins
- Tailor's chalk
- Scissors
- Chiffon fabric or similar (about 20cm in length)
- Thread
- Sewing machine

#### THE STEPS



**1** Put on your vest and mark your waist with a safety pin. Then take the vest off and measure from the hem to the safety pin. Subtract 1cm for seam allowance and mark this measurement along the vest at regular intervals, either with pins or tailor's chalk. Draw a line to join these marks. (My vest had stripes that I could follow so I didn't need to draw a line.) Then cut along this line.

**2** Decide how long you would like your peplum to be. Mine was 15cm. Add 1cm to this for seam allowance at the top and 2cm for the hem allowance. Cut two strips from the chiffon that are this width.



**3** Pin the shorter ends of the strips, right sides together, and stitch with 1cm seam allowance. Finish the seams with a zigzag stitch.



**4** Zigzag along both long edges of the joined pieces. Then iron

a 1cm hem on one edge and stitch in place with a straight stitch.

**5** At the other edge, sew two rows of gather stitch at 5mm and 1cm. (A gather stitch is when you sew a line of straight stitch, at the longest stitch length your machine does, and you don't backstitch at the start or end, you just leave a tail of thread.)



**6** Wrap one tail of thread around a pin to anchor it and gently pull the other end, gathering up the top of the peplum.



**7** Place the gathered edge along the bottom edge of the top, right sides together, aligning seams on the peplum with side seams on the vest. Adjust the gathering to fit.



**8** Stitch with 1cm seam allowance. Remove the gather stitches and gently press the seam allowance up to the top (try not to press hard as you don't want to flatten the gathers). Ta-dah! Your cool new top is ready.

‘Adding a cool peplum edge will turn a simple vest into a funky top in an afternoon’





# TEA PARTY TREATS

Having a *Bake Off*-inspired tea party? Try our easy makes – from cake bunting to cute cups – and yours will be the prettiest gathering ever!

Easy  
make

## FLY THE FLAG

These decorations will make your tea an occasion to remember

### YOU WILL NEED

- Paper baking cups
- Striped paper bags
- Sweets
- Double-sided tape
- Scissors
- Cocktail sticks

### TO MAKE

- 1 Transfer ready-made or home-made cupcakes to pretty paper baking cups and decorate with coloured sweets.
- 2 For the flags, cut out rectangles from striped paper bags and then tape them to cocktail sticks.

*Baking cups, £3 for 12; striped paper bags, £2.49 for 20, both Pipii*

# Get making!

Try this

Choose card in a contrasting colour to the envelopes for an eye-catching effect.

## YOU'RE INVITED!

Add a personal touch to tea party invitations

### YOU WILL NEED

- Border punch
- Glue
- Coloured card
- Coloured envelopes

### TO MAKE

Punch pretty borders out of strips of coloured card. Glue decoratively on to envelopes.

Border punch, from £3.75; coloured card, £4.79 for 30 sheets; envelopes and cards, £5 for 50, all Hobbycraft ➔

Easy make

## CAKE BUNTING

Transform a simple cake into a real showstopper

### YOU WILL NEED

- Cake stand
- Ribbons
- Sweets
- Pencil
- Paper napkins
- Scissors
- Double-sided tape
- Decorative straws

### TO MAKE

- 1 Place cake on the cake stand. Decorate using ribbons and sweets.

- 2 For the mini bunting, draw a row of joined-up triangles on the back of a paper napkin and cut out through both layers. Attach to stand with tape.

- 3 Cut a shorter strip of triangles for the garland from a napkin in a different colour, then attach ends to the tops of two straws, using tape, and insert into the icing. Remove bunting before lighting candles.

Cake stand, from £6; candles, 90p for 10, both Hobbycraft. Napkins, £3.25 for 20; straws, £2.95 for 25, both Pipii





# Get making!

## CREATIVE CUTLERY

Turn your eating implements into something stylish and team with delightful napkin holders – super easy!

### YOU WILL NEED

- Masking tape
- Wooden cutlery
- Paint
- Border punch
- Coloured card
- Double-sided tape

### TO MAKE

- 1 Mask off stripes on the handles of wooden cutlery with masking tape and paint the exposed wood.
- 2 To make the paper napkin rings, use a border punch on strips of coloured card. Wrap around each napkin and piece of cutlery, then use double-sided tape to stick the ends together.

Wooden cutlery, £4.99 for 30 pieces, Pipii

Easy make



## CUTE CUPS

Add a fancy finishing touch to your paper cups – cheers!

### YOU WILL NEED

- Paper cups
- Coloured card
- Border punch
- Glue

### TO MAKE

Punch a pretty pattern out of coloured strips of card, then glue around the tops of paper cups.

Paper cups, from £2.25 for 10, Pipii

Try this

Be creative with your paper cup borders – mix and match colours or use two borders.



Get making!

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exclusive

# SEASON'S BEST

The days may be warm right now, but when the sun goes down, you'll need a gorgeous top to slip on – and this month, we have a fab top with a striking, deep V-neck and a trendy zipped cardi



TURN THE PAGE FOR FULL INSTRUCTIONS 



# Get making!

## MEASUREMENTS

To fit bust 81-86(92-97:102-107)cm.

Finished measurements: Bust 94(104:114)cm; Length to shoulder 59(61.5:64)cm.

## MATERIALS

9(10:11) 50g balls of Debbie Bliss Mia in Duck Egg 05.

Pair each of 3.25mm and 4mm knitting needles or circular needles (see Note).

## TENSION

22 sts and 28 rows to 10cm square over st-st using 4mm needles.

## ABBREVIATIONS

**beg** beginning; **cm** centimetres; **cont** continue; **dec** decrease; **fol** following; **k** knit; **p** purl; **patt** pattern; **psso** pass slipped st over; **rem** remaining; **rep** repeat; **RS** right side; **skpo** sl 1, k1, pass slipped st over; **sl** slip; **st(s)** stitch(es); **st-st** stocking stitch; **tog** together; **WS** wrong side; **yf** yarn forward to make one st between k sts.

## NOTE

For a large number of sts, you may find it easier to use a circular needle working backwards and forwards in rows.

## FRONT AND BACK (both alike)

With 3.25mm needles, cast on 105(117:127) sts. **1st rib row** (RS) K1, [p1, k1] to end. **2nd rib row** P to end. Rep these 2 rows for 3cm, ending with a 2nd rib row. Change to 4mm needles. Beg with a k row, work in st-st until piece measures 21cm from cast on edge, ending with a p row.

Now work in eyelet lace patt as follows:

**1st row** (RS) K52(58:63), yf, skpo, k to end.

**2nd and every foll WS row** P to end. **3rd row** K50(56:61), k2tog, yf, k1, yf, skpo,

k to end. **5th row** K49(55:60), k2tog, yf, k3, yf, skpo, k to end. **7th row** K48(54:59),

k2tog, yf, k5, yf, skpo, k to end. Cont in

patt as set, working 1 st fewer at each

side of lace V and 2 sts more inside the

lace V on every RS row, until the foll row

has been worked: **25th row** K39(45:50),

k2tog, yf, k23, yf, skpo, k to end. **27th row**

K38(44:49), k2tog, yf, k12, yf, skpo, k11,

yf, skpo, k to end. **29th row** K37(43:48),

k2tog, yf, k11, k2tog, yf, k1, yf, skpo, k11,

yf, skpo, k37(43:48). **31st row** K36(42:47),

k2tog, yf, k11, k2tog, yf, k3, yf, skpo, k11,

yf, skpo, k36(42:47). **33rd row** K35(41:46),

k2tog, yf, k11, [k2tog, yf] twice, k1, [yf, skpo]

twice, k11, yf, skpo, k35(41:46). **35th row**

K34(40:45), k2tog, yf, k11, [k2tog, yf] twice, k3, [yf, skpo] twice, k11, yf, skpo, k34(40:45).

**37th row** K33(39:44),

k2tog, yf, k11, [k2tog,

yf] 3 times, k1, [yf,

skpo] 3 times, k11,

yf, skpo, k33(39:44).

Cont in patt as now

set, working 1 st fewer

at each side of outer

lace V and inc the

number of sts in the

inner lace V, until the

fol row has been

worked: **53rd row**

K25(31:36), k2tog,

yf, k11, [k2tog, yf]

7 times, k1, [yf, skpo]

7 times, k11, yf, skpo,

k25(31:36). **54th row**

P to end.

## Shape neck

**55th row** K24(30:35), k2tog, yf, k11,

[k2tog, yf] 7 times, k2tog, turn and cont on

these 52(58:63) sts only, leave rem sts on

a spare needle. **56th and every foll WS**

**row** P to end. **57th row** K25(31:36), yf, k11,

[k2tog, yf] 7 times, k2tog. 52(58:63) sts.

**59th (dec) row** K23(29:34), k2tog, yf, k11,

[k2tog, yf] 7 times, k2tog. 51(57:62) sts.

**61st row** K24(30:35), yf, k11, [k2tog, yf]

7 times, k2tog. 51(57:62) sts. **63rd (dec)**

**row** K22(28:33), k2tog, yf, k11, [k2tog, yf]

7 times, k2tog. 50(56:61) sts. **65th row**

K23(29:34), yf, k11, [k2tog, yf] 7 times,

k2tog. 50(56:61) sts. **67th (dec) row**

21(27:32) k2tog, yf, k11, [k2tog, yf] 7 times,

k2tog. 49(55:60) sts. **68th row** P to end.

Cont in patt, decreasing as set on the

3rd (71st patt row) and every foll 4th row

for 39(43:47) rows, until the foll row has

been worked: K11(16:20), k2tog, yf, k11,

[k2tog, yf] 7 times, k2tog. 39(44:48)

sts. Work a further 3 rows.

## Shape shoulder

Cast off neatly in patt. With RS facing,

return to 52(58:63) sts on spare needle.

**55th row** Pick up and k into the centre

front st, k1, pass the picked up st over, [yf,

skpo] 7 times, k11, yf, skpo, k24(30:35).

52(58:63) sts. **56th and every foll WS**

**row** P to end. **57th row** [Skpo, yf] 7 times,

skpo, k11, yf, k25(31:26). 52(58:63) sts.

**59th (dec) row** [Skpo, yf] 7 times, skpo,

k11, yf, skpo, k23(29:34). 51(57:62) sts.

**61st row** [Skpo, yf] 7 times, skpo, k11,

yf, k24(30:35). 51(57:62) sts.

Not too  
tricky!



**63rd (dec) row** [Skpo, yf] 7 times, skpo, k11, yf, skpo, k22(28:33). 50(56:61)

sts. **64th row** P to end. Cont in patt,

decreasing as set on the 3rd row (67th

patt row) and every foll 4th row for

43(47:51) rows, until the foll row has been

worked: [Skpo, yf] 7 times, skpo, k11, yf,

skpo, k11(16:20). Work a further 3 rows.

## Shape shoulder

Cast off neatly in patt.

## ARMBANDS

Join both shoulder seams. Place markers

20(21.5:23)cm down from each shoulder

on back and front. With RS facing and

3.25mm needles, pick up and k88(96:104)

sts evenly between markers. **1st row** (WS)

P2tog, p to last 2 sts, p2tog. 86(94:102)

sts. **2nd row** \* [K2tog, yf] 10(11:12) times,

k3, [yf, skpo] 10(11:12) times; rep from \*

once more. **3rd row** P2tog, p39(43:47),

[p2tog] twice, p39(43:47), p2tog. 82(90:98)

sts. **4th row** \* [K2tog, yf] 10(11:12) times, k1,

[yf, skpo] 10(11:12) times; rep from \* once

more. **5th row** P2tog, p37(41:45), [p2tog]

twice, p37(41:45), p2tog. 78(86:94) sts.

**6th row** \* [K2tog, yf] 9(10:11) times, k3, [yf,

skpo] 9(10:11) times; rep from \* once more.

**7th row** P2tog, p35(39:43), [p2tog] twice,

p35(39:43), p2tog. 74(82:90) sts. **8th row**

\* [K2tog, yf] 9(10:11) times, k1, [yf, skpo]

9(10:11) times; rep from \* once more.

Cast off knitwise.

## TO MAKE UP

Press according to instructions on ball

band. Join armband and side seams.



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# TRENDY ZIP-UP CARDI

In a cool jade colour,  
this slip-on cardigan is  
a stylish way to cover up

## MEASUREMENTS

To fit bust 81-86(92-97:102-107)cm. Finished measurements: Bust 97(108:119)cm; Length to shoulder 50(52:54)cm; Sleeve length 45(46:47)cm.

## MATERIALS

6(7:7) 100g balls of Stylecraft Classique Cotton DK in Tropical Jade 3676.  
Pair each of 3.25mm and 4mm knitting needles.  
40cm open-ended zip.

## TENSION

22 sts and 28 rows over st-st and 27 sts and 32 rows over patt, both to 10cm square using 4mm needles.

TURN THE PAGE FOR FULL INSTRUCTIONS





# Get making!

## ABBREVIATIONS

**beg** beginning; **cm** centimetres; **cont** continue; **dec** decrease; **fol** following; **inc** increase; **k** knit; **m1** make one st by picking up and working into back of loop lying between st just worked and next st; **p** purl; **patt** pattern; **rem** remaining; **rep** repeat; **RS** right side; **sl** slip; **ssk** [slip 1] twice, insert tip of left hand needle from left to right through the fronts of both slipped sts and work 2 tog; **st(s)** stitch(es); **st-st** stocking stitch; **tog** together; **WS** wrong side.

## BACK

With 3.25mm (US 3) needles, cast on 108(120:132) sts. K 1 row. **Inc row** K3, [m1, k6] 17(19:21) times, m1, k3. 126(140:154) sts. Change to 4mm needles and patt. **1st row** (WS) P1, [leaving the 2 sts on left hand needle, p2tog, then p the first st again and slip both sts off the left hand needle together] to last st, p1. **2nd row** K to end. **3rd row** P2, [leaving the 2 sts on left hand needle, p2tog, then p the first st again and slip both sts off the left hand needle together] to last 2 sts, p2. **4th row** K to end. These 4 rows **form** the patt. Work a further 19 rows, ending with a 3rd row. **Dec row** K3, [k2tog, k5] 17(19:21) times, k2tog, k2. 108(120:132) sts. Beg with a p row, cont in st-st until back measures 30(31:32)cm from cast on edge, ending with a WS row.

## Shape armholes

Cast off 6(7:8) sts at beg of next 2 rows. 96(106:116) sts. **Next row** K1, ssk, k to last 3 sts, k2tog, k1. **Next row** P to end. Rep the last 2 rows 9(10:11) times. 76(84:92) sts. Cont straight until back measures 47(49:51)cm from cast on edge, ending with a WS row.

## Shape back neck

**Next row** K20(23:26), turn and work on these sts only for first side of neck, leave rem sts on a spare needle. Dec one st at neck edge on next 3 rows. 17(20:23) sts. Work 2 rows.

## Shape shoulder

**Next row** Cast off 8(10:11) sts, k to end. Work 1 row. Cast off rem 9(10:12) sts. With right side facing, slip centre 36(38:40) sts onto a holder, rejoin yarn to rem sts, k to end. Dec one st at neck edge on next 3 rows. 17(20:23) sts. Work 3 rows.

## Shape shoulder

**Next row** Cast off 8(10:11) sts, k to end. Work 1 row. Cast off rem 9(10:12) sts.

## LEFT FRONT

With 3.25mm needles, cast on 54(60:66) sts. K 1 row. **Inc row** K5(5:6), [m1, k9(7:6)] 5(7:9) times, m1, k4(6:6). 60(68:76) sts. Change to 4mm needles and patt. **1st row** (WS) P2, [leaving the 2 sts on left hand

needle, p2tog, then p the first st again and slip both sts off the left hand needle together] to last 2 sts, p2. **2nd row** K to end. **3rd row** P1, [leaving the 2 sts on left hand needle, p2tog, then p the first st again and slip both sts off the left hand needle together] to last st, p1. **4th row** K to end. These 4 rows **form** the patt. Cont in patt until front measures 30(31:32)cm from cast on edge, ending with a WS row.

## Shape armhole

Cast off 7(8:9) sts, patt to end. 53(60:67) sts. Work 1 row. **Next row** K1, ssk, k to end. **Next row** Patt to last 2 sts, p2. Rep the last 2 rows 11(12:13) times more. 41(47:53) sts.

## Shape neck

**Next row** Patt to last 8 sts, turn and leave these 8 sts on a holder, cont on rem 33(39:45) sts. Keeping armhole edge straight and one st at neck edge as k on RS rows and p on WS rows, dec one st at neck edge on next 7(8:9) rows, then on 5(7:9) foll WS rows. 21(24:27) sts. Work straight until front measures same as Back to shoulder, ending at armhole edge.

## Shape shoulder

**Next row** Cast off 10(12:13) sts, k to end. Work 1 row. Cast off rem 11(12:14) sts.

## RIGHT FRONT

With 3.25mm needles, cast on 54(60:66) sts. K 1 row. **Inc row** K4(6:6), [m1, k9(7:6)] 5(7:9) times, m1, k5(5:6). 60(68:76) sts.

Change to 4mm needles and work in patt as follows: **1st row** (WS) P2, [leaving the 2 sts on left hand needle, p2tog, then p the first st again and slip both sts off the left hand needle together] to last 2 sts, p2.

**2nd row** K to end. **3rd row** P1, [leaving the 2 sts on left hand needle, p2tog, then p the first st again and slip both sts off the left hand needle together] to last st, p1. **4th row** K to end. These 4 rows **form** the patt. Cont in patt until front measures 30(31:32)cm from cast on edge, ending with a RS row.

**Shape armhole** Cast off 7(8:9) sts, patt to end. 53(60:67) sts. **Next row** K to last 3 sts, k2tog, k1. **Next row** P2, patt to end. Rep the last 2 rows 11(12:13) times. 41(47:53) sts.

## Shape neck

**Next row** Patt 8, leave these sts on a holder, patt to end. 33(39:45) sts. **Next row** Patt to end. Keeping armhole edge straight and one st at neck edge as k on RS rows and p on WS rows, dec one st at neck edge on next 7(8:9) rows, then on 5(7:9) foll RS rows. 21(24:27) sts. Work straight until front measures same as Back to shoulder, ending at armhole edge.

## Shape shoulder

**Next row** Cast off 10(12:13) sts, k to end. Work 1 row. Cast off rem 11(12:14) sts.

## SLEEVES

With 3.25mm needles cast on 52(57:62) sts. K 1 row. **Inc row** K4(4:5), [m1, k4] 11(12:13) times, m1, k4(5:5). 64(70:76) sts. Change to 4mm needles and patt. **1st row** (WS) P1, [leaving the 2 sts on left hand needle, p2tog, then p the first st again and slip both sts from the left hand needle together] to last st, p1. **2nd row** K to end. **3rd row** P2, [leaving the 2 sts on left hand needle, p2tog, then p the first st again and slip both sts from the left hand needle together] to last 2 sts, p2. **4th row** K to end. These 4 rows **form** the patt. Work a further 11 rows, ending with a 3rd row. **Dec row** K3(4:4), [k2tog, k3] 11(12:13) times, k2tog, k4(4:5). 52(57:62) sts. Beg with a p row, work in st-st. Work 9 rows. **Inc row** K2, m1, k to last 2 sts, m1, k2. Rep the last 10 rows 8(9:10) times more. 70(77:84) sts. Cont straight until sleeve measures 45(46:47)cm from cast on edge, ending with a p row.

## Shape sleeve top

Cast off 6(7:8) sts at beg of next 2 rows. 58(63:68) sts. **Dec row** (RS) K1, ssk, k to last 3 sts, k2tog, k1. **Next row** P to end. Rep the last 2 rows 4 times more and the dec row again. 46(51:56) sts. Work 3 rows. **Dec row** K1, ssk, k to last 3 sts, k2tog, k1. Rep the last 4 rows 5(6:7) times. 34(37:40) sts. Cast off 4 sts at beg of next 6 rows. Cast off rem 10(13:16) sts.

## NECKBAND

Join shoulder seams. With RS facing and 3.25mm needles, slip 8 sts from right front neck holder onto needle, pick up and k34(35:36) sts up right front neck, 6 sts down right back neck, k across 36(38:40) sts from back neck holder, pick up and k6 sts up left back neck, 34(35:36) sts down left front neck, then k8 sts from left front holder. 132(136:140) sts. K 2 rows. Cast off knitwise on WS.

## LEFT FRONT EDGING

With RS facing and 3.25mm needles, pick up and k90(93:96) sts evenly down left front edge. K 2 rows. Cast off knitwise on WS.

## RIGHT FRONT EDGING

With RS facing and 3.25mm needles, pick up and k90(93:96) sts evenly up right front edge. K 2 rows. Cast off knitwise on WS.

## TO MAKE UP

Join side and sleeve seams. Sew sleeves into armholes, easing to fit. Hand sew zip in place behind front edgings.

Get creative with Prima's deputy editor Sue McNeill



## STYLISH SEWING LOVERS

Put your sewing skills to good use with this fabulous pattern from Sew La Di Da Vintage. The style is retro, but size and fit are geared to today's body shapes. This Margo pattern has a dual-length option, so you can make a cute playsuit or a trendy jumpsuit. It would make a lovely gift for keen stitching friends.

Sew La Di Da is offering Prima readers the pattern (which ranges from sizes 4 to 20) for the special price of £15, including postage (saving £5). The offer is available until 30 September 2015. Visit [sewladidavintage.com](http://sewladidavintage.com) or call 07974 489121 and use the code PRIMA.

# Sew it, make it, love it!

*Dates for your diary*

All these fairs have brilliant craft sections...

**5/6 September**  
**North Norfolk Food & Drink Festival,**  
 The Walled Gardens,  
 Holkham Hall, Norfolk;  
[northnorfolkfoodfestival.co.uk](http://northnorfolkfoodfestival.co.uk)

**11 to 13 September**  
**Ludlow Food Festival,**  
 Ludlow Castle,  
 Shropshire;  
[foodfestival.co.uk](http://foodfestival.co.uk)

**26/27 September**  
**Aldeburgh Food & Drink Festival,**  
 Snape Maltings, Suffolk;  
[aldeburghfoodanddrink.co.uk](http://aldeburghfoodanddrink.co.uk)

### DO IT WITH PAPER

I love this range of decorative papers from Docrafts – the Folk Floral collection is so pretty and colourful, it's perfect for scrapbooking, card-making and all your favourite papercrafts! Double-sided paper pack, £7.99 for 32 sheets; découpage paper, £2 for three sheets; £4 for six cards, all Docrafts.



### HOT ON THE HIGH STREET

Laura Ashley and Cath Kidston have joined the growing band of retailers offering their own collections of cute craft kits and sewing essentials. Both ranges are gorgeous and perfect for gifts – or as a treat just for you!

Cranberry sewing jar, £15; duck egg sewing jar, £15; fat quarters, £20, all Laura Ashley. Make your own notebook, £14, Cath Kidston



### NEWS AT HEN!

The Makery, known for its crafty workshops in London and Bath, has always been popular with hen parties. And now you can bring their workshops to you! Choose to make bunting, garters or tassels – each kit costs £10 and comes with a video link to help you! Visit [themakery.co.uk](http://themakery.co.uk).

Photo: Andy Parsons at Hearst Studios



For where to buy, see page 160



# Fab getaways... fab value

## A chillax in Cornwall

Visit Cornwall in the summer school holidays and the surf beaches are wall-to-wall boards, attractions like the Eden Project are heaving and the best restaurants like Rick Stein's Café in Padstow are rammed. But by mid-September, when the kids are back at school, there's room to breathe in the late summer air.

The award-winning Gwel an Mor is a holiday lodge resort that's head and shoulders above the usual self-catering options. First up, it's located near one of Cornwall's most beautiful surfing beaches, Godrevy, which has three miles of uninterrupted sand and also offers spectacular walks. The resort's brilliant on-site facilities include a swimming pool, croquet lawn and tennis court. It's a magnet for families in school holiday season, but go when the new term has started and enjoy the five-star facilities amid a quieter atmosphere and at a lower price.

Stay in chalet-style lodges or one of 12 new eco-friendly Residence lodges. Both have stylish interiors, swish furnishings and all mod



Not tied to school holidays? Lucky you – September is the best time to take advantage of peace and quiet and lower prices in gorgeous UK destinations



The swish interior of an eco-friendly Residence lodge

cons. If budget permits, opt for one with its own hot tub. There's no better way to unwind before dinner than with a 30-minute bubble in one of the hot tubs, some of which offer gorgeous views over the Cornish countryside.

The on-site Feadon Farm Wildlife Centre is great for little ones if you have pre-schoolers free to holiday in September. Adults will also love the hands-on guided experience with the ranger, including hand-feeding foxes, falconry, rockpooling and badger watching.

There's also an excellent on-site spa, which offers all the therapies and beauty treatments you'd expect from a five-star hotel. Bliss!

Short stays at Residence lodges start from £845 (sleeps six) while week-long stays start at £1,329. Call 01209 842354 or sign up to the e-newsletter for fantastic last-minute deals at gwelanmor.com.



Relax at the 13th-century Tudor Farmhouse hotel in Clearwell

## Adventures in the Wye

**T**he stunning Forest of Dean and the Wye Valley can be crowded in summer.

However, come September, tranquillity returns to the chocolate box villages such as Newland with its 400-year-old Almshouses and the region's incredible sights, including the ruins of Tintern Abbey, lauded in the famous poem by William Wordsworth.

Couples after adventure will love the activities available on the River Wye. Inspire2Adventure.com will take you on a guided canoe trip from Monmouth downstream past the stunning Symonds Yat West with its high valley walls, or if you want something more challenging, gorge scrambling is apparently the latest trend!

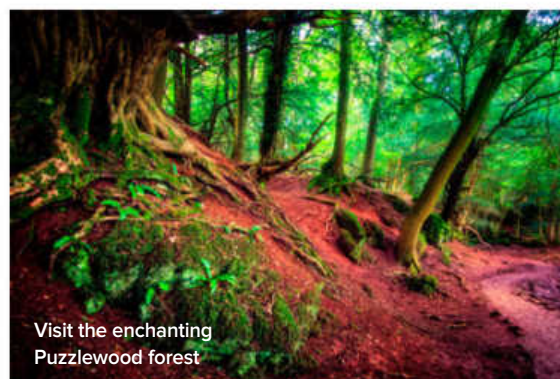
Must-see attractions nearby include the beautifully atmospheric Puzzlewood, which is an ancient woodland that is reputed to have given JRR Tolkien his inspiration for the fabled forests of Middle-earth.

The Tudor Farmhouse hotel in Clearwell is a perfect place to stay for gourmet-meets-country

garden idyll. And it's a seven-minute walk from the ancient Clearwell Caves and is very close to Puzzlewood. This converted 13th-century farmhouse has chic yet restful rooms with a subtle countryside theme – think chickens on the curtains, roll-top baths and toiletries from The White Company. But it's the restaurant that spills out into the gorgeous cottage garden that is a joy in the late summer sunshine. It offers locally sourced cuisine that will make your mouth water – from breast of guinea fowl to rainbow trout.

Double rooms with breakfast start at £100 per night. Call 01594 833046 or visit [tudorfarmhousehotel.co.uk](http://tudorfarmhousehotel.co.uk).

• For more information, visit [wyedeantourism.co.uk](http://wyedeantourism.co.uk)



Visit the enchanting Puzzlewood forest



# Your holidays

## Escape to the island of Anglesey

**T**his popular island off North Wales attracts families from across the UK during the summer, as it feels a million miles away from the hurly-burly. If you can wait until September, its stunning landscapes, beaches and sunsets over the Irish Sea are still serene. The sea is still warm enough to enjoy the many watersports on offer, and walkers will love the transition from summer to autumn thanks to warm Atlantic air currents. The island is criss-crossed with miles of scenic walks and cycle paths as well as 125 miles of stunning coastal path that will wind you between hardy little fishing villages and pretty rural towns and hamlets. You might want to stop to explore one of the island's Stone Age or Celtic archaeological sites on your way.

September boasts the Beaumaris Food Festival, the Conwy Honey Fair and on



The idyllic island of Anglesey has stunning views

23 September, you can even have tea with the head gardener at the National Trust's Plas Newydd stately home.

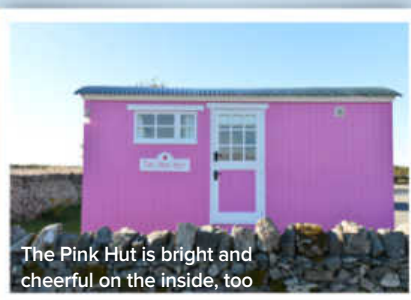
You can also take a boat trip to see the birds and seals on Puffin Island or try

the thrill-seeking Rib Ride, which zips you down the Menai Strait at 50mph!

Stay at the Menai Holiday Cottages, which boast The Pink Hut in Llangaffo, offering breathtaking views of Snowdonia. It has a comfy double bed and, for cooler late summer nights, a wood-burning stove.

From £450 per week for two with delicious Welsh breakfast. Call 01248 430258 or visit [menaiholidays.co.uk](http://menaiholidays.co.uk).

• For more, go to [visitanglesey.co.uk](http://visitanglesey.co.uk)



The Pink Hut is bright and cheerful on the inside, too

## Discover the Highlands on two wheels

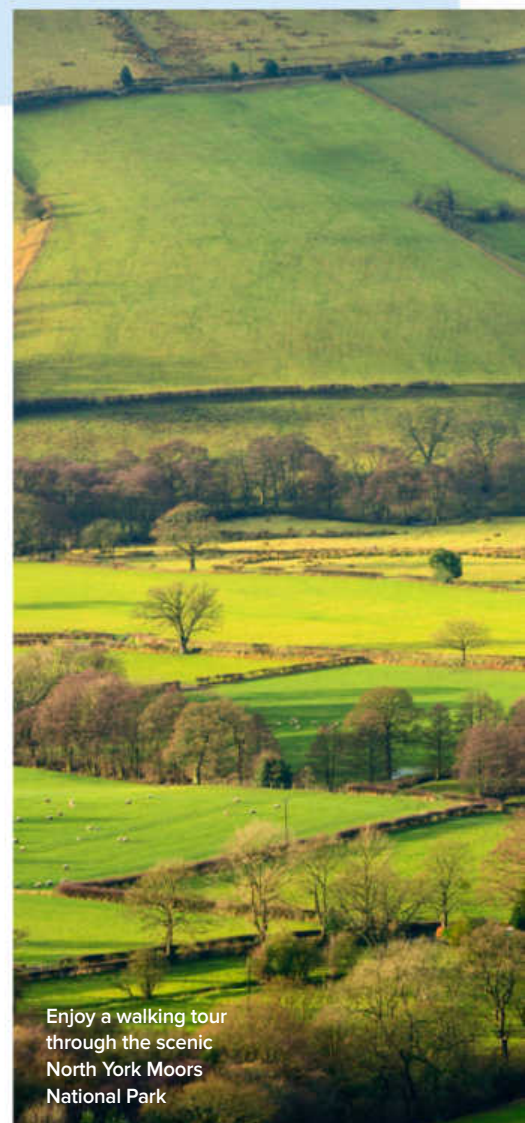
**S**cotland's lochs and glens are best visited out of season when their remote and rugged allure is at its finest, but before the biting cold of winter sets in. And a great way to get the most out of the area is by bike. Saddle Skedaddle offers a five-day cycling holiday from the River Clyde to the River Tay, along part of the National Cycle Network, which celebrates its 20th anniversary this year.

The route takes in the shores of Loch Lomond and the hills of the Trossachs and continues alongside the awe-inspiring Grampian Mountains. En route there are historic battle sites and ancient castles to visit, and deer, eagles and osprey to spot.

From £515 per person, including bed and breakfast in local hotels, bike hire and emergency kit, transfers and a route guide. Call 0191 265 1110 or visit [skedaddle.co.uk](http://skedaddle.co.uk).



Cycle around Scotland's beautiful Loch Lomond



Enjoy a walking tour through the scenic North York Moors National Park



## Fun at the fair in Kent

There's a fresh buzz about Kent with a variety of new openings well worth checking out once the crowds have gone. Margate is experiencing a renaissance since the opening of the Turner Contemporary gallery in 2011. This summer has seen the reopening of Dreamland Margate ([dreamland.co.uk](http://dreamland.co.uk)), the world's first theme park of heritage rides, steered by English designer Wayne Hemingway. From 1930s Caterpillars and 1940s Double Decker carousels, to 1970s Chair-O-Planes and modern adrenaline pumpers, there's no end of kitsch pleasures. Visit in September and the park's famous Grade II-listed, heritage Scenic Railway should be open, too.

Great new places to stay in Kent include camping pods at Port Lympne Reserve. There are 10 new contemporary camping pods, situated in close proximity to the reserve's lion, Amur tiger and cheetah enclosures and cost from £79 per night. Call 01303 234112 or visit [aspinalfoundation.org/short-breaks](http://aspinalfoundation.org/short-breaks).



Ride the carousel at Dreamland Margate

If you prefer something more boutique, head to the new Albion House in Ramsgate, an uber cool, 14-room bolthole on East Cliff. Bag a sea-view room and chill out in the Town Bar with a Martini or a coffee and the Sunday papers. Doubles from £120, room only. Call 01843 606630 or visit [albionhouseramsgate.co.uk](http://albionhouseramsgate.co.uk).

• For more information, go to [visitkent.co.uk](http://visitkent.co.uk)



## Walk and eat in Yorkshire

The historic market town of Malton is surrounded by the legendary walking country of the North York Moors and the parklands of Castle Howard. It also happens to be the foodie capital of North Yorkshire, making it a magnet for visitors in high summer.

Guided walking specialist Large Outdoors runs a series of two-night autumn breaks from September onwards when things have quietened down, based at the luxury Talbot Hotel. The 17th-century hunting lodge hosts artisan food producers, a cookery school and a monthly food market.

Walks are tailored to the fitness level and experience of the group and are great for those relatively new to hiking. They are also great for solo travellers and dog owners looking for a combo of walking and fine dining.

Two-night breaks cost from £265 per person and include breakfast, dinner, a packed lunch for the first day and two days' walking with a qualified guide. It's just £10 to take your dog with you. Call 01653 740400 or visit [largeoutdoors.com](http://largeoutdoors.com).



Stay in a 17th-century hunting lodge



# Take 5... Holidays for garden lovers

There's nothing more uplifting than a holiday filled with beautiful gardens. Here are five of the best in bloom

## The French Riviera

The South of France is the perfect climate for gardens to flourish. HF Holidays offers a Gardens of the French Riviera getaway where you'll discover the gardens of Menton, including Val Rahmeh's botanical grounds. It includes a trip to the Ephrussi Villa at Cap Ferrat and the Exotic Garden of Monaco, which is full of subtropical cacti.

● **BLOOMING LOVELY:** HF Holidays offers seven nights half-board from £979, including entrance to all gardens (excludes flights). Call 0345 470 8558, or visit [hfholidays.co.uk](http://hfholidays.co.uk).



## Tenerife



This lush Canary Isle is an absolute must-visit for horticulturalists. Top of the list are its botanical gardens and the Orchid Garden Sitio Litre in Puerto de la Cruz. And don't miss the Palmetum of Santa Cruz – an impressive urban landfill that's now home to around 2,000 species of plants.

● **BLOOMING LOVELY:** Stay at the five-star Roca Nivaria Gran Hotel, which has a truly stunning infinity pool. Prices start at £102 per night. Call (00 34) 922 713369, or visit [adrianhoteles.com](http://adrianhoteles.com). Monarch flies direct from the UK from £39.99 one-way; [monarch.co.uk](http://monarch.co.uk).

## Madeira



The Atlantic island of Madeira is renowned for its subtropical climate and incredible orchids, bougainvillea, jacaranda and birds of paradise in its free botanical gardens. Other top gardens to explore include The Jardim Orquídea gardens, Palheiro Gardens and Monte Palace Tropical Gardens.

● **BLOOMING LOVELY:** Classic Collection Holidays offers a seven-night stay at Quinta Casa Velha do Palheiro from £930 per person, including breakfast, flights, transfers and entrance to Palheiro Gardens. Call 0800 008 7299, or visit [classic-collection.co.uk](http://classic-collection.co.uk).

## Holland



If you've always wanted to see the spring tulips in Amsterdam, book ahead for the new Spring Gardens of Keukenhof and Floralia four-day tour from Diamond Rail Holidays. You'll visit Holland's Keukenhof Gardens, where millions of bulbs burst into life, and also Belgium's Château de Grand-Bigard with its colourful Floralia flower show.

● **BLOOMING LOVELY:** From £449 per person, including Eurostar and onward rail travel from St Pancras, three nights accommodation with breakfast, canal cruise and garden visits. Call 0844 544 3795, or visit [diamondrailholidays.co.uk](http://diamondrailholidays.co.uk).

## Spain



The Costa Tropical in southern Spain is a paradise for garden enthusiasts. Saga Holidays organises visits to private estates and formal gardens, including the Generalife gardens, which are part of the sensational Alhambra Palace. Saga's garden tour holidays also include a visit to the Alpujarras mountains, where wild flowers flourish.

● **BLOOMING LOVELY:** Saga offers a seven-night half-board stay at the three-star Hotel Helios Costa Tropical in Almuñécar from £779, including flights from the UK. Call 0800 096 0074, or visit [saga.co.uk](http://saga.co.uk).

# Curl up with a good book



Books editor Cathy Rentzenbrink picks this month's best new novels

## Six cracking reads



**DAUGHTER OF THE HOUSE**  
by Rosie Thomas  
(HarperCollins, £12.99) Nancy Wix has always been

able to see glimpses of the future in her waking dreams. Will she be able to navigate the terrors of the Great War and beyond to find freedom? **Out now**



**NOTHING BUT TROUBLE**  
by Matt Cain  
(Pan, £7.99) This glamorous bonkbuster is

about a pop star on the rise. Lola Grant is set to become globally famous, but could her passion for a handsome drummer get in the way? **Out now**



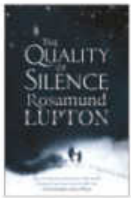
**SOMETHING TO HIDE**  
by Deborah Moggach  
(Chatto, £12.99) When Petra allows her loneliness to trick

her into falling for her best friend's husband, a complicated chain of events leads her to West Africa and a mystery to solve. **Out now**



**MY MOTHER'S SECRET**  
by Sheila O'Flanagan  
(Headline Review, £14.99) When Steffie organises a ruby

anniversary party for her parents, she expects it to be full of joy. But her mother has been keeping a secret for 40 years... **Out now**



**THE QUALITY OF SILENCE**  
by Rosamund Lupton  
(Little, Brown, £14.99) Yasmin and her deaf daughter Ruby are

searching for Ruby's father in the wilderness of Alaska. However, night will last for another 54 days. Is someone watching them through the darkness? **Out now**



**MOVING**  
by Jenny Eclair  
(Sphere, £13.99) Edwina Spinner has lived in the same house for

50 years and now it's time to sell up and leave her life behind. A gripping novel of family secrets and shocking betrayals from the award-winning comedian. **Out now**



## MEET THE AUTHOR... ROSIE THOMAS

### Did you always want to be a writer?

I did, but I never gave myself permission to admit it. I had a rural childhood and I read avidly to fill the time. After university, I worked in publishing, but even then to be a writer seemed an exalted condition. Sitting down and actually beginning a novel came much later when I was a wife and new mother, and necessity was the spur.

### What would you say are the best and worst things about the life of a writer?

Solitude and loneliness – two sides of the same coin, but so different. At the beginning of a writing day, I exult in the hours stretching ahead yet, at the end, I can feel wretched for lack of human company. It's easy to get things out of proportion in that sort of mood.

### Who or what inspires you?

High mountains, and the bravery of other people.

### Can you tell us about your daily routine?

Rigid – particularly if I'm writing. I like to exercise for an hour first thing. After that, I race through some chores, read yesterday's pages and then start writing. I stay put until I've completed three pages or 1,500 words, whichever comes first.

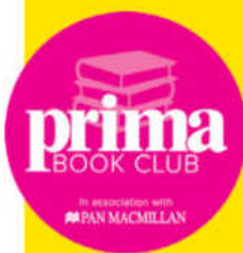
### What sort of books do you like to read?

All sorts of fiction from heavyweight literary to popular commercial. I love it when someone I know says, 'You must read this.' Every year, my son – a publisher – and I try to read all the books on the Man Booker list. We usually manage it.

### What advice would you give to someone who wants to start writing?

You don't have to write what you know or follow anyone else's example. There are no rules – it's all yours to play with. Have fun and enjoy it.

## Join Prima's online book club!



Looking for a new summer read? You'll find plenty of inspiration in our new online club! *The Bones of You* by Debbie Howells is just one of the fab novels we're talking about. Sign up today and you'll get a 40% discount on Pan Macmillan books. Sign up now at: [prima.co.uk/bookclub](http://prima.co.uk/bookclub)





# • Your time off & time out

THIS MONTH'S BEST TV, FILMS, LIVE SHOWS AND MORE

## An evening out at the movies



Emma Stone and  
Bradley Cooper  
star in *Aloha*

### ALOHA

Bradley Cooper stars as a military contractor who returns to Hawaii for a project and bumps into his, now married, first love (Rachel McAdams). While battling with his feelings about the one that got away, he ends up falling for a female fighter pilot (Emma Stone). Critics gave this film a hard time, but if you like romcoms, then this is a fun night out.

**Out 18 September**

### 45 YEARS

This film tells the story of Kate (Charlotte Rampling) and Geoff (Tom Courtenay), a couple who are about to celebrate their 45th wedding anniversary. However, one week before the party, they learn that the body of Geoff's first girlfriend Katya, who fell off an Alpine mountain when she and Geoff were on holiday together 50 years earlier, has been found preserved in ice. The discovery causes an avalanche of buried emotions. **Out 28 August**

### ABSOLUTELY ANYTHING

Simon Pegg teams up with the surviving cast of Monty Python in this whacky comedy. Pegg plays Neil Clarke, a teacher who suddenly finds he has the powers to make all his wishes come true, thanks to a group of aliens. Neil is aided by his faithful dog Dennis, who now talks. Mishaps abound and lead Neil to ask himself a question that has challenged many men before him: should he choose the girl... or the dog? **Out 14 August**

### LEGEND

There's a double helping of Tom Hardy in this film, as he plays both Ronnie and Reggie Kray, the infamous East End gangster twins. Hardy breathes new life into this well-worn story about these two rulers of the criminal underworld. The Kray twins were known for their grisly torture of rival gang members and the film isn't shy about it. But it also explores the warped psychology of a duo that loved their mum, babies and kittens, too. **Out 11 September**

## Book up now!



### ABERGAVENNY FOOD FESTIVAL

This annual event, held in the beautiful Monmouthshire market town, is a foodie's dream. The line-up of chefs and events won't disappoint. Feast at the Saturday night market

and enjoy tutored tastings and cookery lessons. There are kids' workshops, too.

*18-20 September; [abergavennyfoodfestival.com](http://abergavennyfoodfestival.com)*



### ANNIE

If you can't get enough of Craig Revel Horwood during *Strictly* season, he's also moonlighting in the UK theatre tour of *Annie*, where he'll be playing the villainous Miss Hannigan. *Birds of a Feather* star Lesley

Joseph will fill in for him at weekends during the filming of *Strictly*. Definitely worth seeing. *For tickets, visit [anniethemusicaltour.uk/tour](http://anniethemusicaltour.uk/tour)*



### MADONNA: REBEL HEART TOUR

Book now for the Queen of Pop's latest tour, which comes to London on 1 December. UK dates also include Birmingham, Manchester and Glasgow. No one puts on a live show quite

like Madge – expect pyrotechnics, gyrating dancers and, possibly, controversial leather underwear. *For tickets, visit [madonna.com/tour](http://madonna.com/tour)*



## What's on TV

### STRICTLY COME DANCING BBC ONE

Dust off the sequins and reach for the maracas as *Strictly Come Dancing* will salsa its way into your living room from the first week of September. There will be a launch show, followed by a three-week break while the celebrity dancers are put through their paces before the competition begins. We can't wait!

### THE TRIALS OF JIMMY ROSE ITV

When Jimmy Rose (played by Ray Winstone) gets out of jail after a 12-year stretch for armed robbery, he finds that the world has changed. His wife Jackie (Amanda Redman) no longer knows if she loves him, while his son Jason wants nothing to do with him. This three-part drama begins late August.



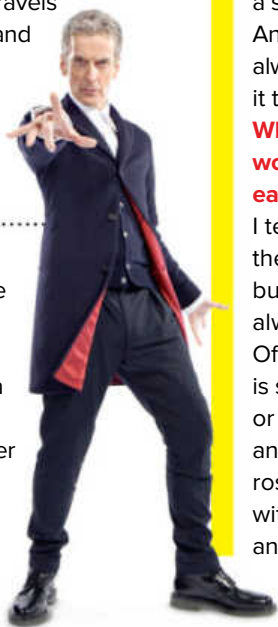
Ray Winstone and Amanda Redman

### DR FOSTER BBC ONE

This thought-provoking series, which starts in September, comes from the makers of last year's hit *The Honourable Woman*. It stars Suranne Jones as a local GP whose life unravels when she suspects that her husband is having an affair. Determined to discover the truth, she begins an investigation that propels her and her family, and even some of her patients, into chaos.

### DOCTOR WHO BBC ONE

Peter Capaldi (right) returns as the 12th Time Lord in the new 12-part series (plus a Christmas special) that kicks off in September. Jenna Coleman is also back as his companion and fellow time traveller Clara. Plus, there's a great guest cast, including Paul Kaye, Maisie Williams and Rebecca Front.



## A QUICK BITE WITH

# John Torode

*MasterChef* judge John Torode, 50, is this month bringing out a new cookbook, *My Kind of Food*. He has four children and lives in London with his partner, actress Lisa Faulkner



### Is cooking at home for friends and family a pleasure, even when you're a professional chef?

It is my joy and the way I relax. It's what makes me who I am. The food I cook professionally is wonderful and very exact, but the food I cook at home is open to change and interpretation – and there are few things in life that beat sharing food and wine with friends and family.

### Which one recipe most sums up the philosophy behind your book?

Hard to pick just one! Maybe the chicken pie: it's simple, inexpensive, generous and delicious. A real crowd-pleaser. It's what I eat when I'm alone or need to smile.

### What are your top tips for amateur cooks keen to impress?

Never apologise and always be proud of what you make. Cook the same recipe over and over to get it nailed, starting with the basics. That might be a roast chicken, a simple stew, a bowl of pasta, or a steamed pudding and custard. And remember that cooking doesn't always turn out the way you want it to, but don't worry. Relax!

### What are the best and the worst things that you've eaten on your travels?

I tend not to remember the bad experiences, but the good ones always stay with me. Often, the best food is simple grilled meat or fish, with salad and a glass of chilled rosé, served up with confidence and pride by a local.

### Any food that you really dislike?

I dislike food that has had no care or effort put into it.

### Who would you say had the biggest influence on your cooking when you were growing up?

My mum died when I was four and so my Nana cared for me for several years after. She taught me so much, such as how to roast a chicken and how to make gravy and stuffing.

I also learned to love ingredients.

If my Nana was around today, I think she would smile and be very happy about the way my life has turned out.

### Your partner Lisa Faulkner, who won *Celebrity MasterChef* in 2010, is also a brilliant cook. Is there any competition in the kitchen?

Hilarious! Of course not! We both love what we do, so there's no need to be competitive. And, if we were, the food would never taste as good.

### Tell us one thing about yourself that might surprise us?

I love shopping almost as much as I love cooking.

### What would you choose to have for your final meal?

I would be on a beach in Thailand, by the beautiful sea, with shorts on, cold wine, some grilled fish,

a papaya salad and maybe a hot coconut and shrimp salad, too. There would be spice involved and a few friends, of course.

John's new book, *My Kind of Food: Recipes I Love to Cook at Home* (Headline, £25), is out on 10 September



John and Lisa met when she took part in the 2010 series of *Celebrity MasterChef*



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### Super spa getaway

The award-winning Ragdale Hall Health Hydro and Thermal Spa is giving one reader a two-night taster break for two people staying in a superior room worth £788<sup>†</sup>. Set in the rolling Leicestershire countryside, this is one of the most luxurious and relaxing health spas in the country. Your stay will include all meals, a choice of either a 50-minute Blissful Face and Back Therapy or two 25-minute treatments from Soothing Back Massage, Soft Touch Body Stretch or Soft Hands treatment. Plus, you get full use of Ragdale's facilities, such as the Thermal Spa and gym. Visit [ragdalehall.co.uk](http://ragdalehall.co.uk).



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\*The prize is available for over 16s only. Travel is not included. The prize is valid for six months from the date the winner is notified and must be taken Sunday to Thursday, arrival from 2pm. Departure time up to 2pm on the third day.



This October, Ragdale Hall is hosting an exclusive two-night break, including a **Prima Reader Evening** and spa treatments, from Sunday 18 to Tuesday 20 October. Prices from £333pp in

a Standard room, based on two sharing. For more information, visit [traveledit.co.uk/prima](http://traveledit.co.uk/prima) and search the reader offer code PRIMARE15 or call 01664 433013 and quote PRIMARE15.

### A London theatre break

Winner of Best New Comedy at the 2015 Olivier Awards, *The Play That Goes Wrong* is guaranteed to leave you aching from laughter! As well as a pair of tickets, one lucky winner and a friend will stay at the four-star Cavendish London in Mayfair – a prize worth £344<sup>††</sup>. Plus, we have seven pairs of runner-up tickets, each pair worth £85, to give away! The story follows a drama society who are putting on a 1920s murder mystery, but as the title suggests, everything that can go wrong... does! Visit [theplaythatgoeswrong.com](http://theplaythatgoeswrong.com).

Call 0905 817 2754  
(80ppm)\*. Text  
PRIMAPRIZE3 to  
87088 (£1.50)\*\*.

Write to Prima/The  
Play That Goes Wrong  
GVPRAL15400.

\*Subject to availability. Valid until 27 December 2015 (blackout dates may apply). Accommodation is one-night bed & breakfast, based on two people sharing. Prize is as stated and cannot be transferred or exchanged.



### Fab fashion giveaway

We're giving 10 lucky readers £100 each to spend at [Lavitta.co.uk](http://Lavitta.co.uk). This new online fashion brand has a great range of statement dresses and separates in sizes 12 to 24 – and prices start at just £10! With a stunning new collection full of this season's hottest trends, you can afford to look and feel fabulous for less! Plus, you can get a 10% online discount when you use the code LA15M105. Visit [lavitta.co.uk](http://lavitta.co.uk).

Call 0905 817 2753 (80ppm)\*. Text  
PRIMAPRIZE2 to 87088 (£1.50)\*\*.

Write to Prima/Lavitta  
GVPRAL15399.



HOW TO ENTER: Call the 0905 number, or text PRIMAPRIZE followed by the number of the giveaway you wish to enter, then a space and your contact details, to 87088 (£1.50), by midnight 30 September 2015. For example: text PRIMAPRIZE1 Jane Smith, 1 The Cottage, London AB1 2CD. Or, send your name and address on a postcard to: The Data Solutions Centre, Workshop S80 2RT, prefixed by the offer name and code, by 3 October 2015. A separate stamped postcard is needed for each offer. \*Calls cost 80p per minute plus your telephone company's network access charge and will last no longer than two minutes. \*\*Texts cost £1.50 plus your usual network operator rate. Lines close midnight 30 September 2015. If you phone or text your entry after the advertised closing date, you will not be entered but you will be charged. Winners will be selected at random after the closing date. SP: Spoke, 0333 202 3390. We will use the information you supply to process your competition entry. For our privacy policy, visit [hearst.co.uk/dp](http://hearst.co.uk/dp).





READER SHORT STORY

# The Inspector Calls

A morning mishap had surprising consequences at this Cornish B&B...

'That's the blue room finished,' Wendy said to her husband.  
'Do you think we'll get it this time?'

'Of course we will,' Pete replied with his usual optimism. 'We've done everything that was suggested. Do you want breakfast?'

'No, I'm too wound up to eat. I'll have an onion, though.'

'Onions, for breakfast?'

'No, silly, not to eat. There's still a slight smell of paint in the blue room and onions help to neutralise it.'

Wendy and Pete ran a B&B in a Cornish seaside resort. They'd been trying to get a higher star rating for some time, and were expecting a visit from the hotel inspector any day. The sun had decided to pay Cornwall an unseasonable visit and people were flocking to the resort. Wendy, Pete and their part-time help, Christine, were kept exceptionally busy, and so it was then that Inspector Morgan crept in, unnoticed. He'd been allocated the last available room, which was the blue room.

Morgan was a dour man, not used to enjoying himself. He tried to blend in but his stiff shirts and well-pressed trousers would have given the game away, if anyone had had time to look.

He sniffed as he entered the room and, putting down his case, went in search of the smell. It didn't take him long to find the onion floating in a bowl of water. Nor did it take him long to find

his notebook and write something in it. Next, he stripped the bed and examined the mattress. He also ran his fingers along the ledges and inspected the bathroom, making notes all the time. Having finished his examination, he put on his jacket and went downstairs, hoping to catch someone at the reception desk. Morgan rang the bell several times but nobody answered, so he sat and waited for someone to arrive. Unfortunately, it was Christine he caught in his net. Christine worked hard and was a reliable plodder, but the nuances of customer care passed her by.

'Excuse me,' said Morgan. 'I was looking for somewhere to go for dinner. Where would you recommend?'

Christine blew her fringe away from her sweaty face. 'There's the gastro place next door. You know, a pub that does fancy food. It's nice, but pricey. I mean, a pie is a pie, isn't it? You can give it a fancy name and charge the earth for it, but it's still a pie.'

'Well, yes, I see. So you don't think I should go there?'

'Search me,' Christine replied with a shrug. 'I have to go now. Someone's hired the room downstairs for a party tonight and I have to make sure everything's clean. The room's hired till midnight, so if you're staying here, I wouldn't try to get any sleep before then.'

In the event, Morgan went next door to the gastro pub and enjoyed an excellent pie, in spite of Christine's ramblings,



WIN  
£100



along with a beer. Then he returned to the B&B to continue his report and watch TV. The noise from the party below was only just audible and Morgan was able to ignore it as he became engrossed in *Midsomer Murders*. He'd always harboured a desire to be a detective and, in a way, he'd achieved it. He had detected flaws in this little business and it was his duty to expose them.

At breakfast the next morning, Morgan wasn't anticipating great things. The dining room was packed and he had to wait for service. Wendy and Pete left Christine to wait on the tables as they were busy cooking and manning the reception.

'We've run out of juice,' Christine said, crashing into the kitchen.

'There should be some in the fridge,' Wendy replied.

Christine took a jug from the fridge and returned to the dining room. She remembered Morgan from the previous evening and approached him with the jug. 'Would you like some juice?' she asked.

He nodded in reply, and she filled his glass.

'I'll leave the jug over there on the table with the cereals. Help yourself if you want any more. What would you like for breakfast?'

Morgan sipped his juice and seemed pleasantly surprised by it. 'I'll have a Full English, and will you please refill this glass?'

A short time later, the jug was empty. Most of the guests had been fed and were leaving, but there were still a few remaining.

'That man at table seven seems to have drunk all the juice,' Christine declared as she entered the kitchen. 'Is there another jug?'

'Jug?' replied Wendy. 'The juice isn't kept in a jug, it's in cartons.'

'Well, someone had put it in a jug.'

Wendy turned away from the cooker and looked at the jug in Christine's hand. 'Oh no!' she gasped. 'That wasn't juice, that was punch left over from last night's party. And pretty potent stuff it was, too. Show me who's been drinking it.'

Christine pushed open the kitchen door a little. 'It's him, that starchy bloke sitting by himself and tucking into his breakfast.'

'Christine, what have you done? That's probably the hotel inspector and you've been giving him punch!'

Wendy had just told Pete what had happened when Morgan approached the desk. 'That was the best breakfast I've ever had,' he said, slurring his words a little. 'I'm the hotel inspector and the report I'd written about this place was very damning, but after that breakfast, I'm going to make sure you get another star.' He hiccupped. 'Now I'm off to go for a paddle in the sea.'

'Well, you know what they say?' Pete said. 'All work and...'

'Yes, I do know what they say,' interrupted the inspector. 'Out of sight, out of mind. Especially when it comes to onions, eh?'

With that, he walked out of the door and into the sunshine.



## DO YOU HAVE A WAY WITH WORDS?

### MEET THE AUTHOR

This month's winning author is **Sheila McAdams** from Yiewsley, Middlesex, who wins £100! She says: 'I wrote this some time ago, but

recently discovered it and after a bit of work, decided to send it in. I love to write and it's nice to think that other people might enjoy what I've written.' For your chance to win, email your entry of 800 words maximum to [yourwinningstory@hearst.co.uk](mailto:yourwinningstory@hearst.co.uk)

or post to Your Winning Story, Prima Features, 72 Broadwick Street, London W1F 9EP, including your name, address, phone number and a good quality photograph. Please note that Prima cannot return any photos or stories.



# Go on, explore!

See the stunning sights of Europe on these exciting tours

## Riviera of Flowers, Monaco and Portofino

Escorted holiday by rail, departing September, October and December 2015; April, May, June, September and October 2016

**T**his super holiday, taking in the French and Italian Riviéras, starts with a glass of bubbly at the famous Champagne Bar at St Pancras, before taking an afternoon Eurostar to Lille or Paris. After an overnight stay, continue by TGV train to Nice then to Italy's Riviera of Flowers. Enjoy dinner and drinks every night at the hotel, as well as excursions to Monaco, Eze, Portofino and Dolceacqua.

**PRICE INCLUDES:** Escorted throughout • Champagne check-in at London St Pancras • Return rail travel from St Pancras or Ebbsfleet to Nice • One night B&B hotel stay in Paris or Lille • Six nights in Diano Marina – half-board, plus free drinks from 6pm to 11pm every night • All excursions • Transfers abroad

**FOR PRIMA READERS:** Half-price deposit of £75pp\*\*

8 days  
semi all  
inclusive from  
**£849pp\***



Enjoy Portofino's picturesque harbour

## Dutch Bulbfields and Amsterdam River Cruise

Escorted holiday by rail or air, departing 25 April 2016

**H**olland in springtime bursts into colour with tulips, daffodils, hyacinths and more. Hop aboard the exclusively chartered *MV Prinses Christina* and visit Keukenhof Gardens, Amsterdam, Volendam and Hoorn.

**PRICE INCLUDES:** Escorted return Eurostar – St Pancras or Ebbsfleet to Amsterdam, or return flights from selected UK airports (supplement may apply) • Four nights full-board cruise • Beer, wine by the glass, and soft drinks at lunch and dinner, and between 6pm and midnight at the bar • Entertainment • Transfers abroad • GN Cruise Director on board

**FOR PRIMA READERS:** Half-price deposit of £75pp\*\*

5 days  
semi all  
inclusive from  
**£599pp\***



During your trip, you'll see Amsterdam's famous blooms

## Spectacular Corsica

Escorted holiday by rail, departing 7 May, 11 June, 10 September and 1 Oct 2016

10 days  
half-board  
from  
**£1,299pp\***

**C**orsica feels different from the French mainland in every aspect from customs to cuisine, language and character – it's a place waiting to be discovered. Travel by Eurostar from St Pancras (from Ashford on request) direct to Marseille.

After an overnight stay, you will continue by day ferry to Corsica and the hotel in Calvi.

**PRICE INCLUDES:** Escorted throughout • Return rail travel to Marseille • One night B&B hotel stay in or near Marseille, outward and return • Return ferry Toulon-Corsica • Seven nights half-board hotel stay in Calvi • All excursions • Transfers abroad

**FOR PRIMA READERS:** Half-price deposit of £100pp\*\*



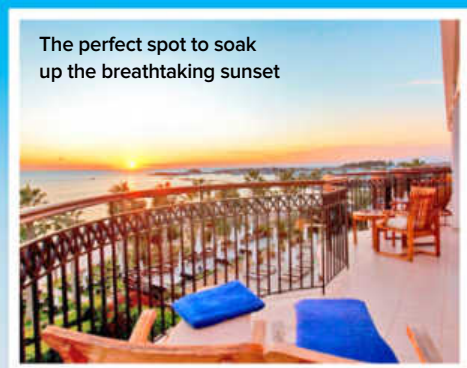
Explore historical Corsica

**FOR BOOKINGS AND INFORMATION:** Call GN Holidays & Voyages on 01895 833333 or visit [gnvoyages.co.uk](http://gnvoyages.co.uk) and quote PRIMA. Lines open 9am to 5.30pm, Monday to Friday, 9.30am to 12.30pm Saturdays, closed bank holiday weekends.

TERMS AND CONDITIONS: \*Final balance due eight weeks before departure. \*\*Low deposit offers apply to new bookings made by 31 October 2015.

# Five-star Cyprus

Enjoy two weeks full-board with a third week FREE on B&B, from £629\*



The perfect spot to soak up the breathtaking sunset



Take in the beautiful view while relaxing by the stunning pool

Upgrade  
FREE 3rd week  
to full-board  
for **£26pp**  
daily

**K**nown as Aphrodite's Island, Cyprus enjoys a warm climate, romantic history and impressive stretches of golden, sandy beaches. The luxurious five-star Annabelle hotel is set within six acres of tropical, lush gardens on the Paphos seafront, enjoying a magical setting of meandering waterfalls and palm trees with excellent facilities. There is a 25% discount on drinks for all stays of 21 nights and over†.

## PRICES

| Half-board                              | 1 week | 10 nights | 2 weeks  |
|-----------------------------------------|--------|-----------|----------|
| August                                  | £875   | £1,075    | £1,325   |
| September                               | £799   | £1,015    | £1,289   |
| October                                 | £569   | £655      | £799     |
| Full-board<br>(3rd week on B&B if FREE) | 1 week | 2 weeks   | 3rd week |
| Nov/Dec                                 | £355   | £629      | FREE     |
| January                                 | £359   | £629      | FREE     |

**TO BOOK:** Visit [traveledit.co.uk/prima](http://traveledit.co.uk/prima) and search for **MANB98**, or call **0843 224 0288\*\***, quoting **MANB98**

**TERMS & CONDITIONS:** \*From' price applies to departures 26/11/15 to 04/12/15 and 06-16/01/16. Please note, availability may be limited. All offers are subject to availability and can be withdrawn without notice. Terms & conditions apply. Prices are per person based on two adults sharing. An additional cost for hold luggage will apply. †Applies to arrivals 01/11/15-13/03/16, to be given locally. Prices and ratings were correct on 09/06/15, but may be subject to change



# Stylish fashion

Our summer picks



## THE TRAVELLER

100% Indigo cotton on promotion at £69.00. Comfort and style combine in this very wearable indigo denim knitted jacket. Indigo Traveller features a full length zip. Collar and cuffs are faced with denim fabric. A stalwart item for your wardrobe, Indigo Traveller can accompany you everywhere you go. As its name suggests, the perfect piece to take on all your travels. The Indigo Knitwear Company. Available from our online store [www.originalblues.uk](http://www.originalblues.uk) or phone on 020 8813 7766.

## EXQUISITE NIGHTWEAR COLLECTION



Nothing is nicer than a good nights sleep and nothing is guaranteed more to give you the very best night time comfort than soft, fine quality nightwear that has been designed and

made in England by David Nieper. Better still if it's easy to pack, lightweight and crease-resistant, it makes visits away to a holiday home or a long weekend a real pleasure. Styles are available in soft satin, pure cotton, soft luxury fleece and knitted velvet velours. Call 01773 83 6000 or visit [www.davidnieper.co.uk](http://www.davidnieper.co.uk) for a catalogue. Please quote PR43.



## ROYCE LINGERIE

In a soft shade of mulberry and with a luxurious satin cuff trim Royce's 'Maisie' bra is pure elegance. The bra's super-soft fabrics and meticulous design ensure superb comfort and support all day, every day whilst being 100% wirefree! Royce design wirefree bras for every day comfort, pregnancy and nursing, after surgery, sports and teens. For your nearest stockist or to request a brochure please call 01295 265557 or visit [www.royce-lingerie.co.uk](http://www.royce-lingerie.co.uk)



## LOOK GOOD, FEEL GOOD

Do you suffer from flatulence or know someone who does? Shreddies underwear helps to eliminate the acute embarrassment caused by IBS and digestive disorders. How do they work? There is an activated carbon cloth panel that absorbs the flatulence odours and neutralises the smell. Shreddies offer you the perfect solution to reducing anxiety and helping you to live an active lifestyle.

Visit [www.myshreddies.com](http://www.myshreddies.com) prices start from £19.

## STYLISH WIDE FITTING SHOES

Wider Fit Shoes Ltd offers stylish, affordable shoes to fit you perfectly – whatever your width. Today, they are the leading supplier of wide-fitting shoes in the U.K., offering footwear from EE through to 8E fittings. Their entire range of shoes and slippers are adjustable, durable, lightweight and flexible and every purchase is backed by their no quibble guarantee. No wonder they're recommended by foot health professionals nationwide. For a free, colour catalogue or more information please call 01933 311077 or order securely online at [www.widerfitshoes.co.uk](http://www.widerfitshoes.co.uk) Please quote 1532MPR for 10% off your first order.



## TIMELESS ACCESSORIES FOR ALL OCCASIONS

Eternal Collection offers beautiful costume jewellery and accessories at affordable prices. They have a fantastic selection of exquisite pearl, enamel, metallic, glass, gemstone and



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\*Excluding Postage & Packing.

Not valid with any other promotion.

# Puzzles for you to enjoy

Three pages of fun – with cash prizes to win!

**WIN  
£50**

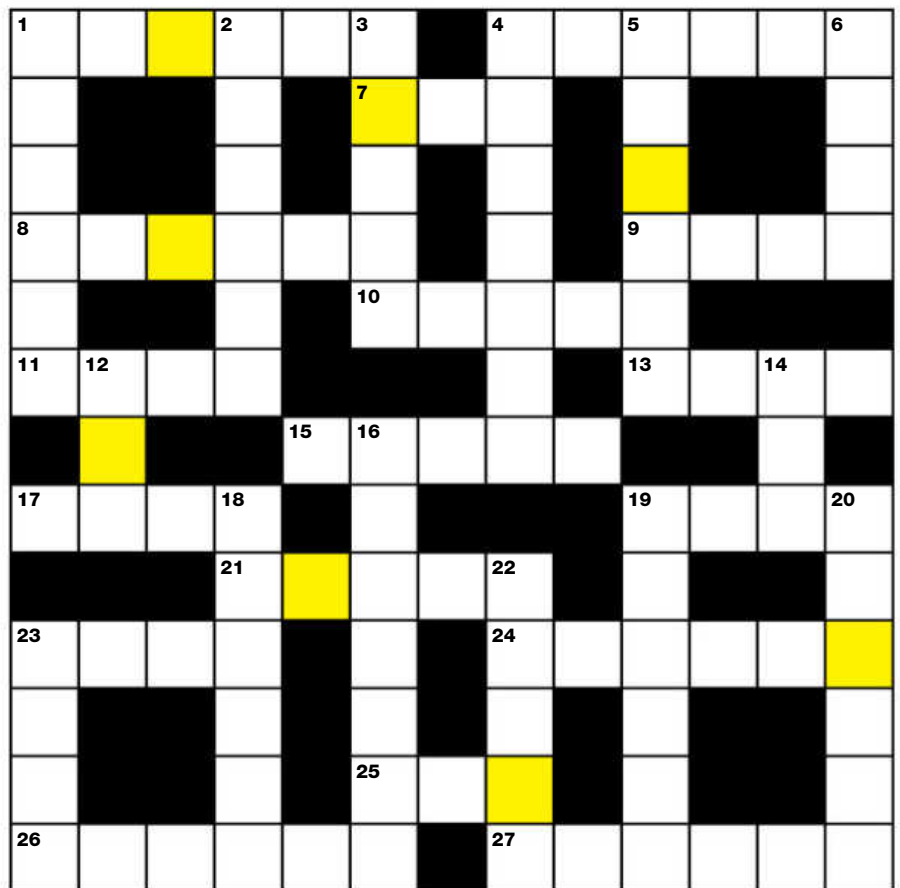
## ACROSS

- 1 Loose shirt-like garment for women (6)
- 4 Of, or relating to, the countryside (6)
- 7 Compete (3)
- 8 \_\_\_ store, US equivalent of a charity shop (6)
- 9 *A Room with a \_\_\_*, novel by E. M. Forster (4)
- 10 Singer-songwriter who has released the albums *19* and *21*, with *25* due out soon (5)
- 11 Small car currently manufactured by BMW (4)
- 13 Goddess of victory whose name is used by a major sports brand (4)
- 15 Brontë sister, who wrote *Wuthering Heights* (5)
- 17 Chemical element with the symbol Pb (4)
- 19 Jumps on one leg (4)
- 21 Body's main artery (5)
- 23 Tinned meat product made from pork shoulder and ham (4)
- 24 Nickname for the current PM's wife (3,3)
- 25 Wrath, fury (3)
- 26 Mounted gun (6)
- 27 Dr \_\_\_, Sherlock Holmes's sidekick (6)

## DOWN

- 1 *A Midsummer Night's Dream* character whose head is turned into a donkey's (6)
- 2 World-famous art gallery and museum in Florence, Italy (6)
- 3 Musical about the life and death of Eva Perón (5)
- 4 Ruth \_\_\_, Inspector Wexford creator (7)
- 5 \_\_\_ Spielberg, US director whose next film is *Bridge of Spies*, which stars Tom Hanks (6)
- 6 As the \_\_\_ flies, shortest distance between two points (4)
- 12 Diamonds (slang) (3)
- 14 Short sleep (slang) (3)
- 16 \_\_\_ haste, repent at leisure; adage (5,2)
- 18 Small plum-like fruit (6)
- 19 Shakespeare play in which Benedict Cumberbatch is currently starring at the Barbican (6)
- 20 Relating to, or affecting, monkeys and apes (6)
- 22 Wonky, crooked (5)
- 23 Specification (abbr) (4)

## CROSSWORD



24 ACROSS



27 ACROSS



2 DOWN

**Call with your answer on 0901 609 4228\***

Solve the crossword in the usual way. When completed correctly, the yellow squares, reading top to bottom, left to right, will spell out your prize answer (To deal with successfully, 8). **Call 0901 609 4228\*** and leave your name, address and the answer.

All calls cost 65p per minute plus your telephone company's network access charge and should last no longer than two minutes.

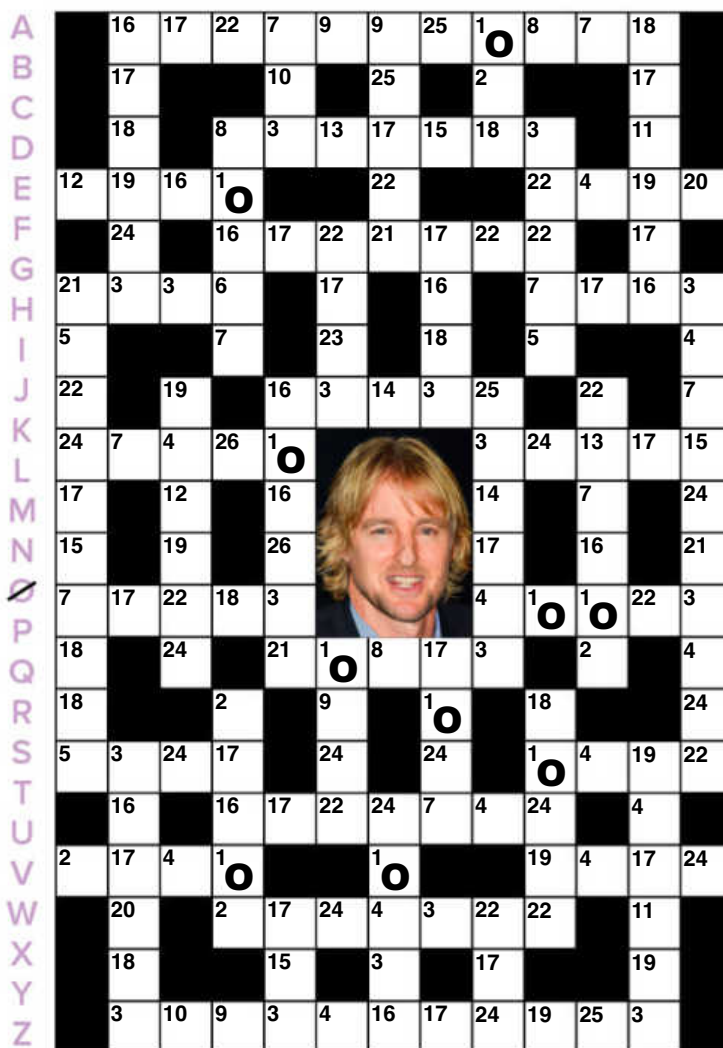
Calls from mobiles and some networks may cost more. You can also write in – see **HOW TO ENTER** (on the following page).



WIN  
£50

## CODEWORD

For £50, see if Owen Wilson can help you work out the number code for each letter of the alphabet. We've placed the letter O, now you do the same with the letters W, E and N, and on you go. When you're done, use your key grid to find out the prize word. **Call 0901 609 4229\*** and leave your name, address and the answer. All calls cost 65p per minute plus your telephone company's network access charge and should last no longer than two minutes. Calls from mobiles and some networks may cost more. You can also write in – see **HOW TO ENTER** (below).



|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| O  | W  | E  | N  |    |    |    |    |    |    |    |    |    |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|    |    |    |    |    |    |    |    |    |    |    |    |    |

YOUR KEY GRID:

|   |    |    |    |    |   |    |
|---|----|----|----|----|---|----|
| 8 | 17 | 25 | 24 | 19 | 7 | 18 |
|   |    |    |    |    |   |    |

Call with your answer on **0901 609 4229\***

### HOW TO ENTER

**\*YOU CAN CALL WITH YOUR ANSWERS** (see numbers with the Win £50 puzzles), leaving your name and address. Or you can write in – send your answer on a postcard with your contact details to: Prima Extra Puzzles, /PUPRAN15372 (for the Crossword), /PUPRAN15373 (for the Codeword) or /PUPRAN15374 (for the Arrow-word), The Data Solutions Centre, Worksop S80 2RT. **The closing date is midnight, 30 September 2015 (three working days later for postal entries). If you call to enter after the closing date, you will not be entered but you will be charged.** The competition is open to UK residents only and the usual rules apply.

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You can contact Prima at 72 Broadwick Street, London W1F 9EP. Tel: 020 7312 3887. Email: [prima@hearst.co.uk](mailto:prima@hearst.co.uk). Prices and availability were checked at the time of going to press, but we cannot be held responsible for any later changes. ©2015 Hearst Magazines UK

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### LAST MONTH'S JUST FOR FUN SOLUTIONS

SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 6 | 7 | 1 | 9 | 5 | 4 | 2 | 8 |
| 4 | 1 | 9 | 8 | 2 | 7 | 5 | 6 | 3 |
| 2 | 8 | 5 | 6 | 3 | 4 | 9 | 1 | 7 |
| 1 | 5 | 6 | 3 | 8 | 9 | 2 | 7 | 4 |
| 9 | 2 | 3 | 7 | 4 | 6 | 1 | 8 | 5 |
| 7 | 4 | 8 | 5 | 1 | 2 | 3 | 9 | 6 |
| 5 | 3 | 2 | 9 | 7 | 8 | 6 | 4 | 1 |
| 8 | 9 | 1 | 4 | 6 | 3 | 7 | 5 | 2 |
| 6 | 7 | 4 | 2 | 5 | 1 | 8 | 3 | 9 |

EASY PEASY

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 | 8 | 1 | 3 | 9 | 4 | 5 | 2 | 7 |
| 2 | 7 | 9 | 6 | 5 | 1 | 3 | 8 | 4 |
| 3 | 4 | 5 | 7 | 8 | 2 | 1 | 9 | 6 |
| 4 | 5 | 3 | 8 | 2 | 7 | 6 | 1 | 9 |
| 7 | 2 | 8 | 9 | 1 | 6 | 4 | 3 | 5 |
| 1 | 9 | 6 | 4 | 3 | 5 | 2 | 7 | 8 |
| 9 | 6 | 2 | 5 | 7 | 3 | 8 | 4 | 1 |
| 8 | 1 | 4 | 2 | 6 | 9 | 7 | 5 | 3 |
| 5 | 3 | 7 | 1 | 4 | 8 | 9 | 6 | 2 |

TOUGH STUFF

### JUNE 2015 PRIZE SOLUTIONS

**CROSSWORD** Magical **CODEWORD** Zoology  
**ARROW-WORD** Eighty-seven

\* Solutions to this month's prize-winning puzzles will be in the December 2015 issue.

WIN  
£50

# ARROW-WORD

Put your feet up and win  
£50 at the same time!

Fill in the grid according to the arrows. When done, the shaded yellow squares will reveal the answer to the following question:

**More than half of all Icelanders entertain the possibility that what exists? (5)**

|                                   |                                        |                   |                          |                                                                                                                                                    |                           |                          |                                     |                        |                            |                         |                  |  |  |  |
|-----------------------------------|----------------------------------------|-------------------|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|--------------------------|-------------------------------------|------------------------|----------------------------|-------------------------|------------------|--|--|--|
| Movie theatre                     | ___ and outs, details                  | Imitate, mimic    | Alan ___, aka Chatty Man | Snake poison                                                                                                                                       | Japanese sash             | Another name for a maple | One hundredth of a dollar           | The cat's mother!      | Italian fashion label      | Sign up for             | Nocturnal lizard |  |  |  |
|                                   |                                        |                   |                          |                                                                                                                                                    | Secret payment, bribe     |                          |                                     |                        |                            |                         |                  |  |  |  |
| Most successful point, peak       | Health resort                          |                   |                          | Hurried                                                                                                                                            | Frozen water              |                          |                                     | Go wrong               |                            | Crossword hint          | Pimple           |  |  |  |
|                                   |                                        | Mistake           |                          |                                                                                                                                                    | Finish                    |                          |                                     | Ridicules              |                            |                         |                  |  |  |  |
| Jewel                             | Lift and drop shoulders in disinterest | Sailor's tippie   |                          |                                                                                                                                                    | Paintings, sculptures etc |                          |                                     | Horse's run            |                            |                         |                  |  |  |  |
|                                   |                                        | Suffer an illness | Get to your feet         | <p><b>Join in and WIN £50</b></p> <p>Fill in the answers to the clues and the letters in the 5 shaded squares will spell out your prize answer</p> |                           |                          |                                     | Clear to see, obvious  | In grammar, a 'doing' word | Unable to hear          | DIY tack         |  |  |  |
| Crushed potatoes                  | Those who are up for an award          | Impetuous, hasty  |                          |                                                                                                                                                    |                           |                          |                                     |                        |                            |                         |                  |  |  |  |
|                                   |                                        |                   |                          |                                                                                                                                                    |                           |                          |                                     |                        |                            |                         |                  |  |  |  |
| Bathroom adjoining a bedroom(2,5) | Pleased                                |                   |                          |                                                                                                                                                    |                           |                          |                                     |                        |                            |                         |                  |  |  |  |
|                                   |                                        | Used a broom      | American film award      |                                                                                                                                                    |                           |                          |                                     | Grown-up               |                            |                         |                  |  |  |  |
| Australian bird                   | Carbonated water                       |                   |                          |                                                                                                                                                    | Crest, insignia           | Metal monetary unit      | Sign outside a house for rent (2,3) | Small hole in the skin | Fencing sword              | Prepare for publication | So be it!        |  |  |  |
|                                   |                                        |                   |                          | ___ Malfoy, Harry Potter bully                                                                                                                     |                           |                          | What used to be spent in Spain      |                        |                            |                         |                  |  |  |  |
| Is aware of                       | Light fawn colour                      |                   |                          |                                                                                                                                                    | Blob (of cream, eg)       |                          |                                     |                        | Judi Dench's title         |                         |                  |  |  |  |
|                                   |                                        |                   |                          | John ___, TV pioneer                                                                                                                               |                           |                          | Gives up work at 65                 |                        |                            |                         |                  |  |  |  |
| Italian motor scooter             | Jog                                    |                   |                          |                                                                                                                                                    | First course of a meal    |                          |                                     |                        | Camping shelter            |                         |                  |  |  |  |

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EASY PEASY

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TOUGH STUFF

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# Your Stars for September



with  
Lori Reid



## Virgo

**24 August – 23 September**

An eclipse in your sign points to personal changes, so don't despair if love is slow to begin with. From the 13th, you develop a new sense of self and a growing independence. You may have to tighten your belt after the 17th, as you spend more on your house. But, by the 28th, your investment is worth every penny.

## Libra

**24 September – 22 October**

The best way to deal with this month's demands is to take some time out. A late holiday or solitary pleasures will do you the world of good. After the 6th, your social life takes off and you're luckier in love. It's back to business on the 17th, financial pressures ease after the 18th and serious plans can now get under way.

## Scorpio

**23 October – 22 November**

Changes aren't always for the worse. September brings developments that help you heave a sigh of relief. You've been working like a bat out of hell and, at last, you can slow down. The 13th draws new faces into your orbit and your social life is in full swing. On the 28th, a chapter comes to a close.

## Sagittarius

**23 November – 22 December**

If you've been itching to put changes into operation at work, you now get the green light to press ahead. Expect that big break around mid-month. Financially, it's your chance to put your bank balance firmly into the black. But this will involve taking on a whole new set of responsibilities.



## Capricorn

**23 December – 20 January**

Spend the first week getting in touch with your deeper feelings. Movement is the key to September's fortunes, whether you're going on holiday, starting a new course or moving house. A transformation takes place in the second half of the month as you change how you look, make new friends or study for higher qualifications. From the 23rd, you will be centre stage.

## Aquarius

**21 January – 19 February**

Romance blossoms, partners are serious and love is powerful. The world of work and your financial picture are changing, bringing in greater freedom and benefits. Even if it means retracing your steps mid-month, grab whatever chances come along to stretch your horizons. However, if you're travelling, you should expect delays between the 17th and 23rd.

## Pisces

**20 February – 20 March**

Work and wellbeing are in focus this month. You have a steep learning curve ahead and you're determined to climb that ladder, even if it means having to tighten your belt. Health and diet also become more important – either to improve a certain condition or to boost your general fitness. An eclipse on the 13th points to interesting changes ahead.

## Aries

**21 March – 20 April**

With the seductive combo of Venus and Mars setting your love skies alight, you're sensual dynamite this month. You'll be at the top of everyone's party list, offering exciting encounters that bode well for your future happiness. Start by taking a firmer control over diet and lifestyle. The 28th marks the end of an era. It's onwards and upwards from here.

## Taurus

**21 April – 20 May**

Whether you're working more from home rather than the office, or restructuring your living area, your energies focus on your house in the early weeks of the month. Expect to see an element of transformation in your love life after the 18th. Perhaps you'll be rethinking a relationship or making fundamental changes.

## Gemini

**21 May – 21 June**

If you've been confused about the direction in which your life is going recently, the jigsaw pieces will fall beautifully into place this month. Give your imagination free rein to come up with stunning ideas as you move, improve, refurbish or decorate. As pressure eases, your health and wellbeing will improve.

## Cancer

**22 June – 23 July**

A breath of fresh air sweeps in this month as money problems that have been a sticking point over the past few weeks start to melt away. But when it comes to home, family and property, you may need to think again. Love and work? From the 18th, you get serious. Slam into fifth gear after the 25th as life gets busier.

## Leo

**24 July – 23 August**

Love goddess Venus is in your sign, working her potent magic on your life and drawing admirers to your side. Financially, this could be one of your luckiest months. But don't let anyone bamboozle you into parting with your cash around the 17th. Your mission in the second fortnight is to stay cheerful and upbeat!



# 'Poldark wouldn't leave his socks on the floor'



What are the characteristics of the perfect man? Six-pack and floppy hair? Or maybe some other qualities, suggests Caroline Quentin

**S**mouldering dark eyes, a brooding countenance, a mane of ebony curls and a smile that would melt tungsten. Once upon a time it was Colin Firth as Mr Darcy; these days it's Aidan Turner as moody Ross Poldark who makes our hearts beat a little faster with his flouncy shirt open to the waist. The white linen shirt seems to be a recurring motif when it comes to our heart-throbs. A previous generation of women swooned over Clark Gable as Rhett Butler in *Gone with the Wind*; he, too, had raven hair and looked great in a white blouse.

Personally, I've had lots of TV crushes. And, don't get me wrong, I can see the attractions of the brooding, hunky hero, though my tastes in heart-throbs have been quite varied over the years. My first proper crush was on the late Val Doonican, that wonderful singer from Waterford in Ireland.

*The Val Doonican Show* was essential TV viewing in the 1960s and 1970s. Val would sit in his trademark rocking chair wearing a mustard turtleneck and chunky Aran knit sweater, surrounded by

lovely singing ladies in turquoise and apricot chiffon. I adored him. I was about five years old and when Val sang *Scarlet Ribbons* or *Paddy McGinty's Goat*, I thought he sang only for me.

And I wasn't alone – women and girls up and down the land loved Val. On a Saturday night he was our crush, no matter if we were five or 85. And, unlike Poldark or

Mr Darcy, the last thing we wanted was for Val to rip off his knit to reveal a bronzed six-pack; all we needed was his lovely smile full of crooked teeth, his warm twinkle and we were happy.

By the time I'd left primary school, I'd outgrown Val and a steady stream of singing Davids kept me daydreaming: Bowie, Essex, Cassidy... they all stole my heart, sometimes for a few days, sometimes for months. But the teenager is a fickle creature and my fancy rapidly moved from one long-haired girlish boy to the next without a backwards glance.

I did have crushes on men who weren't on the telly. Boys I met at school discos or maybe a friend's brother, but somehow hankering after someone I'd never meet was always much more enjoyable.

## HOLDING OUT FOR A HERO

It's still fun to dream about romantic heroes, dishy blokes on TV or in the films. Unlike the very real men who share our lives, Ross Poldark wouldn't leave his socks on the floor or get grumpy because he'd missed the rugby. He'd be too busy galloping across clifftops, ringlets bouncing behind him. And that's the whole point of a crush, isn't it? They're not real, they're fantasy figures, whether from literature or showbiz. Perfect men don't exist.

Or do they? Last night, I retired to bed early with a bad knee. I was tucked up reading my book, my gammy leg raised on a pillow, when I became aware of my husband standing in the doorway, clutching an ice pack and a tube of ibuprofen gel. Backlit, as he was, by the landing light, it was easy to imagine that the old sweater he was wearing was a white linen shirt and, as he strode towards me asking if I wanted a leg rub, my heart beat a little faster. He may not have ebony ringlets, but he is my hero. He is kind and funny and loving. And I don't want to be carried off on horseback or swept off my feet – not with my sore knee, anyway!

You can keep your macho men; I have my hero. He might not have his own horse, but he knows where the liniment is kept... and he knows how to use it.

## This MONTH...

### I'm making



**Tablecloth weights.** They keep it on when we eat in the garden and the wind blows!

### I'm cooking

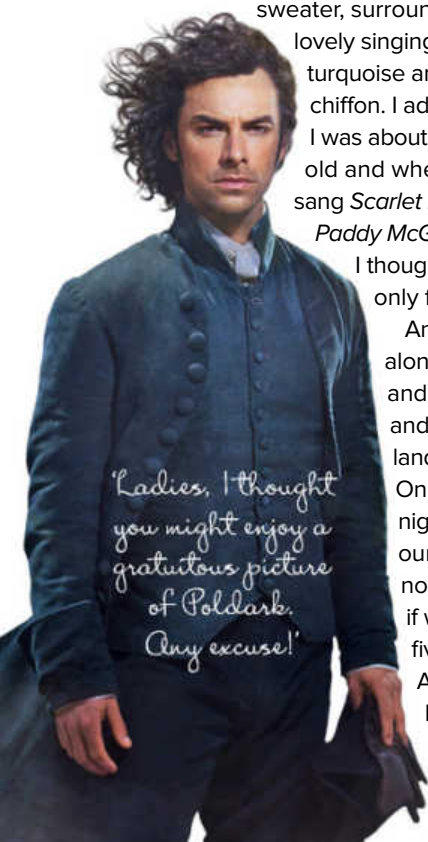


**Soups and sauces** that I'll freeze to preserve our leftover fruit and veg.

### I'm growing



**Everything!** Tomatoes, herbs, squashes and soft fruit, too.



*'Ladies, I thought you might enjoy a gratuitous picture of Poldark. Any excuse!'*





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# prima THE LITTLE BOOK OF CHOCOLATE HEAVEN



*Come on in...  
Resistance  
is futile!*



MERINGUE MERVEILLEUX, PAGE 20...



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# CHOCOLATE & BLACKBERRY TARTS

*These are perfect for afternoon tea or serve them as a dessert with a drizzle of single cream or dollop of crème fraîche*

**Makes 12 tarts**

**Prep: 20 mins, plus setting**

**Bake: 20 mins**

FOR THE PASTRY:

- ❖ 75g/3oz icing sugar
- ❖ 150g/5oz plain flour
- ❖ 25g/1oz cocoa powder
- ❖ 100g/3½oz butter, cut into cubes
- ❖ 1 medium egg yolk
- ❖ 1tbsp cold milk

FOR THE FILLING:

- ❖ 6tbsp blackberry jam
- ❖ 300ml/10fl oz double cream
- ❖ 2tbsp runny honey or golden syrup
- ❖ 200g/7oz plain chocolate
- ❖ 100g/3½oz butter

TO DECORATE:

- ❖ 200g/7oz blackberries
- ❖ A little edible gold leaf
- ❖ A few mint leaves

YOU WILL NEED: 12 x 8cm/3in

individual tart tins or 7cm/2½in brioche tins, baking parchment, baking beans

❶ Heat oven to gas mark 4/180°C (160°C in a fan oven).

❷ To make pastry, add icing sugar, flour and cocoa powder to a food processor. Add butter and pulse until mixture resembles fine breadcrumbs (or place in a bowl and rub butter in with your fingertips until mixture resembles breadcrumbs). Add egg yolk and milk, then mix again until just combined. Turn out on a lightly floured work surface and gather dough into a ball. Wrap in cling film and chill.

❸ Cut pastry into 12 equal pieces and roll out each one on a lightly floured surface so it is large enough to line a tart tin. Line pastry with circles of baking parchment (snip the edges so the paper fits better) and fill with baking beans. Bake for 15 mins.

❹ Remove baking beans and baking parchment and return tart cases to the oven for 5 mins. Remove from oven.



5 For the filling, spoon a little jam into each tart and leave to cool. Place cream and honey in a pan and bring to the boil. Remove from the heat, add chocolate and stir until melted. Add butter and stir until smooth. Leave to

cool a little, then pour mix into tarts and leave in the fridge to set.

6 To decorate, roll blackberries in gold leaf and arrange a few on top of each tart, along with a mint leaf. These will keep in the fridge for up to 3 days.



*No-bake  
recipe*





# PEANUT BUTTER CHEESECAKE

*This cheesecake is not too sweet and it's not too rich, but it is easy to make and it'll disappear in seconds!*

**Serves 8-10**

**Prep: 30 mins, plus chilling**

**Bake: None**

**FOR THE BASE:**

- ❖ **300g/11oz double chocolate digestive biscuits**
- ❖ **50g/2oz butter**
- ❖ **3 leaves of gelatine**
- ❖ **600g/1¼lb cream cheese**
- ❖ **200g/7oz crunchy peanut butter**
- ❖ **100g/3½oz caramel sauce or caramel condensed milk**

**FOR THE TOPPING:**

- ❖ **150ml/5fl oz double cream**
- ❖ **25g/1oz dark chocolate, melted**
- ❖ **50g/2oz honey roasted peanuts**

**YOU WILL NEED: An 18cm/7in round springform cake tin**

❶ Roughly break up biscuits and pulse in a food processor to make fine crumbs. Melt butter in a medium pan, then add biscuit crumbs and stir well, heating gently for 1 min more. Tip mixture into cake tin, press down well and chill for 30 mins.

❷ Soak gelatine in 4tbsp cold water for 10 mins. Meanwhile, beat together cream cheese, peanut butter and caramel until evenly mixed. Warm gelatine and water in a small pan until dissolved, but do not boil. Leave to cool for 5-10 mins.

❸ Gradually pour gelatine into cream cheese mixture, whisking well until combined. Spread evenly over biscuit base and chill for at least 2 hrs.

❹ To make topping, whip cream until thick, then spoon over cheesecake. Drizzle with melted chocolate and scatter over peanuts.







# CHOCOLATE MERINGUE ROULADE

*This roulade is so much lighter than you'd expect and would be the perfect end to any dinner party*

**Serves 8**

**Prep: 25 mins, plus chilling**

**Bake: 20 mins**

**FOR THE MERINGUE:**

- ❖ 4 medium egg whites
- ❖ 250g/9oz caster sugar
- ❖ 1tsp cornflour
- ❖ 1tsp white wine vinegar
- ❖ 2tsp cocoa powder
- ❖ Icing sugar, for dusting

**FOR THE FILLING:**

- ❖ 150g/5oz white chocolate, very finely chopped
- ❖ 150g/5oz butter, at room temp

**TO DECORATE:**

- ❖ 25g/1oz plain chocolate

**YOU WILL NEED: A 30cm/12in x 20cm/8in Swiss roll tin, lined with baking parchment**

- ① Heat oven to gas mark 3/170°C (150°C in a fan oven).
- ② Place egg whites in a clean, grease free bowl and whisk with an electric

whisk until stiff, then gradually add caster sugar, whisking until thick and glossy. Whisk in cornflour, vinegar and cocoa powder. Add to tin, spread evenly with a spatula and bake for 20 mins until the top is golden. Don't worry if the meringue puffs up a bit.

③ To make filling, place white chocolate in a bowl over a pan of gently simmering water (make sure bowl does not touch the water) and leave to melt. Remove bowl from pan and leave chocolate to cool for 10 mins. Whisk butter until smooth and creamy, then gradually whisk in cooled chocolate. Chill for at least 1 hr or until it has thickened, then whisk again until it just holds its shape.

④ When meringue is cooked, dust a sheet of baking parchment with icing sugar. Leave meringue to cool for 5 mins, then turn out on to baking parchment. Leave meringue to cool completely.

PHOTO: TOBY SCOTT





*This roulade  
will keep in  
the fridge for  
up to four  
days*

⑤ Spread filling over meringue and roll up from the short end, using the baking parchment to help.

⑥ Place on a serving plate, seam-side down. Melt plain chocolate (as with white chocolate) and drizzle over.







# CHOCOLATE POPPING CANDY CUPCAKES

*Topped with cream cheese icing and chocolate-coated popping candy, these cupcakes are a real treat*

**Makes 12 cupcakes**

**Prep: 35 mins**

**Bake: 20 mins**

FOR THE SPONGE:

- ❁ 50g/2oz butter
- ❁ 75g/3oz dark chocolate, chopped
- ❁ 2tbsp treacle or golden syrup
- ❁ 100g/3½oz light muscovado sugar
- ❁ 50ml/2fl oz vegetable oil
- ❁ 100ml/3½fl oz milk
- ❁ 2 medium eggs
- ❁ 125g/4oz self-raising flour
- ❁ 25g/1oz cocoa powder
- ❁ ½tsp bicarbonate of soda

FOR THE TOPPING:

- ❁ 180g tub full-fat cream cheese
- ❁ 75g/3oz icing sugar
- ❁ 300ml/10fl oz double cream
- ❁ Chocolate popping candy (available at Squires Kitchen; [squires-shop.com](http://squires-shop.com))

**YOU WILL NEED:** A 12-hole cupcake tin, lined with paper cases, a piping bag

❶ Heat oven to gas mark 4/180°C (160°C in a fan oven).

❷ Melt butter in a small pan, then stir in chocolate until melted. Add treacle and sugar. Remove from the heat, whisk in the oil and the milk until smooth, then whisk in the eggs.

❸ Add flour, cocoa powder and bicarbonate of soda to the mixture and beat until evenly mixed.

❹ Divide mixture between cupcake cases – they should be about two-thirds full – and bake for 20 mins until they have risen and are just firm to the touch. Remove cakes from tin and leave to cool on a wire rack.

❺ To decorate, beat cream cheese with icing sugar until smooth, then add cream and whisk until thick. Place in a piping bag, snip off the end and pipe swirls on top of the cakes. Sprinkle over the popping candy.







# PRALINE LAYER CAKE

*Rich, boozy, creamy, luxurious – this showstopper of a cake makes a great centrepiece for any special occasion*

**Serves 12**

**Prep: 50 mins, plus setting**

**Bake: 30 mins**

**FOR THE SPONGE:**

❖ **225g/8oz plain chocolate, chopped**

❖ **150g/5oz hazelnuts**

❖ **300g/11oz butter, softened**

❖ **300g/11oz caster sugar**

❖ **7 medium eggs**

❖ **150g/5oz self-raising flour**

❖ **1½tsp baking powder**

**FOR THE SYRUP:**

❖ **35g/1½oz caster sugar**

❖ **2tbsp Frangelico or hazelnut  
liqueur**

**FOR THE FILLING:**

❖ **150ml/5fl oz double cream**

**TO DECORATE:**

❖ **300g/11oz chocolate hazelnut  
spread**

❖ **300ml/10fl oz double cream**

❖ **25g/1oz plain chocolate**

❖ **9 chocolate hazelnut truffles**

**YOU WILL NEED: 3 x 20.5cm/8in  
cake tins, base lined with baking  
parchment**

❶ Heat oven to gas mark 4/180°C (160°C in a fan oven). Place 6tbsp water in a small pan and bring to the boil, then add chocolate and leave until melted. Stir until smooth and leave to cool while making the cake mixture.

❷ Place hazelnuts in a food processor and blend until finely ground, but don't over mix or they may become oily.

❸ Place butter and sugar in a mixing bowl and beat until light and creamy. Gradually beat in eggs, adding a little flour if the mixture begins to curdle.

❹ Stir in hazelnuts and melted chocolate, then fold in the rest of the flour and the baking powder until mixed. Divide mixture between tins and bake for 25-30 mins until they have risen and are firm to the touch. Allow to cool in tins for 10 mins, then run a knife around the inside of the tins to release cakes and turn out on to a wire rack to cool completely.

❺ To make the syrup, place sugar in a pan with 2tbsp water, and bring to the boil, then simmer for 1 min until syrupy. Pour in liqueur.

**PHOTO: TOBY SCOTT**





6 To make filling, whisk double cream until thick, then use to sandwich the 3 cakes on top of each other, placing the last cake upside down to give a flat top.

7 To decorate, whisk the chocolate hazelnut spread and cream together until thick, then chill for at least 15 mins

to allow it to thicken slightly. Spread over top and sides of cake, then put in the fridge to allow icing to set.

8 Melt chocolate in a bowl over gently simmering water, then drizzle over the top of the cake and add chocolate hazelnut truffles. The cake will keep in the fridge for up to 1 week.







# CHOCOLATE & CARDAMOM TORTE

*This dense, moist cake has an intriguing spiced flavour and will be a hit with friends and family*

**Serves 12**

**Prep: 20 mins**

**Bake: 30 mins**

FOR THE TORTE:

- ❖ 20 green cardamom pods
- ❖ 225g/8oz plain chocolate
- ❖ 5 medium eggs, separated
- ❖ 175g/6oz caster sugar
- ❖ 150g/5oz ground almonds
- ❖ Crème fraîche, to serve

FOR THE SAUCE:

- ❖ 125ml/4½fl oz maple syrup
- ❖ 50g/2oz plain chocolate
- ❖ A knob of butter

YOU WILL NEED: **A 20cm/8in round springform cake tin, base lined with parchment, a pestle and mortar**

- ❶ Heat oven to gas mark 3/170°C (150°C in a fan oven).
- ❷ Lightly bash cardamom, using a pestle and mortar, to open pods, then discard skins and crush seeds a little.
- ❸ Melt chocolate in a heatproof bowl set over a pan of simmering water, then

allow to cool slightly. Whisk egg whites in a clean bowl until they form soft peaks. Gradually whisk in half of the sugar, 1tbsp at time, until meringue is smooth and shiny.

❹ Place egg yolks and remaining sugar in a bowl and whisk until it is pale and has doubled in volume. Add a generous spoonful of meringue and mix well, then fold in melted chocolate and rest of meringue. Fold in ground almonds and cardamom seeds, taking care not to knock out all the air in the mixture.

❺ Spoon mix into tin and bake for 30 mins. Turn off oven and leave torte inside for 15 mins – it'll continue cooking as it cools. Remove from oven and leave to cool in tin – the torte may sink and crack slightly, but that's part of its charm.

❻ To make sauce, heat syrup in a small pan, add chocolate and stir until melted. Beat in butter until smooth. Slice torte, pour over a generous helping of hot sauce and serve with crème fraîche on the side.





# CHOCOLATE & CRANBERRY FLAPJACKS

*These are a great addition to the biscuit tin,  
perfect to serve at coffee time*

**Makes 16 bars**

**Prep: 15 mins**

**Bake: 35 mins**

- ✿ 150g/5oz butter
- ✿ 50g/2oz plain chocolate
- ✿ 2tbsp cocoa powder
- ✿ 225g/8oz demerara sugar
- ✿ 75g/3oz golden syrup
- ✿ 300g/11oz porridge oats
- ✿ 100g/3½oz dried cranberries,  
or dried or glacé cherries

YOU WILL NEED: **A 15cm/6in  
x 28cm/11in tray bake tin, lined  
with baking parchment**

- ❶ Heat oven to gas mark 3/170°C (150°C in a fan oven).
- ❷ Melt butter in a medium pan and add chocolate, cocoa powder, sugar and syrup. Stir until chocolate has melted.
- ❸ Stir in oats and cranberries (or cherries), mixing well.
- ❹ Add mixture to tray bake tin and press flat with damp hands.
- ❺ Bake for 30-35 mins. Remove from oven and leave to cool completely in tin. When cold, remove from tin and cut into bars.

PHOTO: TOBY SCOTT



*These will keep  
in a cake tin for  
up to two weeks  
– if they last  
that long!*









# APRICOT, ALMOND & WHITE CHOC LOAF

*This is a fabulously crumbly, rich cake that is just perfect for serving with a nice cup of tea*

**Serves 8-10**

**Prep: 25 mins**

**Bake: 1 hr 10 mins**

- ❖ 200g/7oz butter, softened
- ❖ 100g/3½oz caster sugar
- ❖ 4 medium eggs
- ❖ 200g/7oz self-raising flour
- ❖ 200g/7oz white chocolate, roughly chopped
- ❖ 100g/3½oz ready-to-eat dried apricots, roughly chopped
- ❖ 150g/5oz marzipan, cut into 1cm chunks
- ❖ 50g/2oz flaked almonds

**YOU WILL NEED: A 900g/2lb loaf tin, lined with baking parchment**

❶ Heat oven to gas mark 2/150°C (130°C in fan oven).

❷ Beat together butter and sugar until light and creamy, then gradually beat in eggs, adding a little flour if the mixture curdles. Add remaining flour and the chocolate, apricots, marzipan and most of the flaked almonds.

❸ Spoon mixture into loaf tin, spreading it evenly, then sprinkle over remaining almonds. Bake for 60-70 mins or until firm in the centre and golden brown. Allow to cool in tin for 20 mins, then turn out on to a wire rack and leave to cool completely. Slice to serve.







# MERINGUE MERVEILLEUX

*Move over macarons, there's a new French dessert in town.  
These towers of meringue and cream are divine!*

**Makes 6 towers**

**Prep: 1 hr**

**Bake: 45 mins**

FOR THE MERINGUE:

- ❁ 2 medium egg whites
- ❁ 100g/3½oz caster sugar
- ❁ 2tsp cocoa powder

FOR THE FILLING:

- ❁ 150ml/5fl oz double cream
- ❁ 100g/3½oz butter, diced
- ❁ 150g/5oz plain chocolate (70% cocoa solids)
- ❁ 2tbsp light muscovado sugar
- ❁ 2tbsp hazelnut or almond liqueur (optional)

TO DECORATE:

- ❁ Chocolate sprinkles

YOU WILL NEED: **A 5cm/2in biscuit cutter, 2 sheets of baking parchment, 2 baking trays, 2 piping bags, a large plain nozzle, a large star-shaped nozzle**

- 1 Heat oven to gas mark ½/130°C (110°C in a fan oven).
- 2 Using a biscuit cutter as a guide, draw 9 circles on each sheet of

baking parchment. Turn paper upside down on top of baking trays.

❸ To make meringue, whisk egg whites until they form stiff peaks, adding caster sugar, 1tbsp at a time, until mixture is smooth, glossy and thick. Whisk in cocoa powder.

❹ Place meringue in a piping bag with a large plain nozzle and pipe mixture on to circles on baking parchment to form flat discs (hold nozzle vertically, about 1cm from paper, and press until meringue fills the shape). Press down any peaks with your finger.

❺ Bake for 45 mins or until meringues are crisp and you can lift them off the paper. Leave to cool completely.

❻ To make the filling, place all the ingredients in a small pan and heat very gently, stirring until butter and chocolate have melted and mixture is smooth. Pour into a bowl and allow to cool completely – it will set firm. Place in a mixing bowl and whisk until it is much paler.

❼ Place filling in a piping bag fitted with a large star-shaped nozzle and

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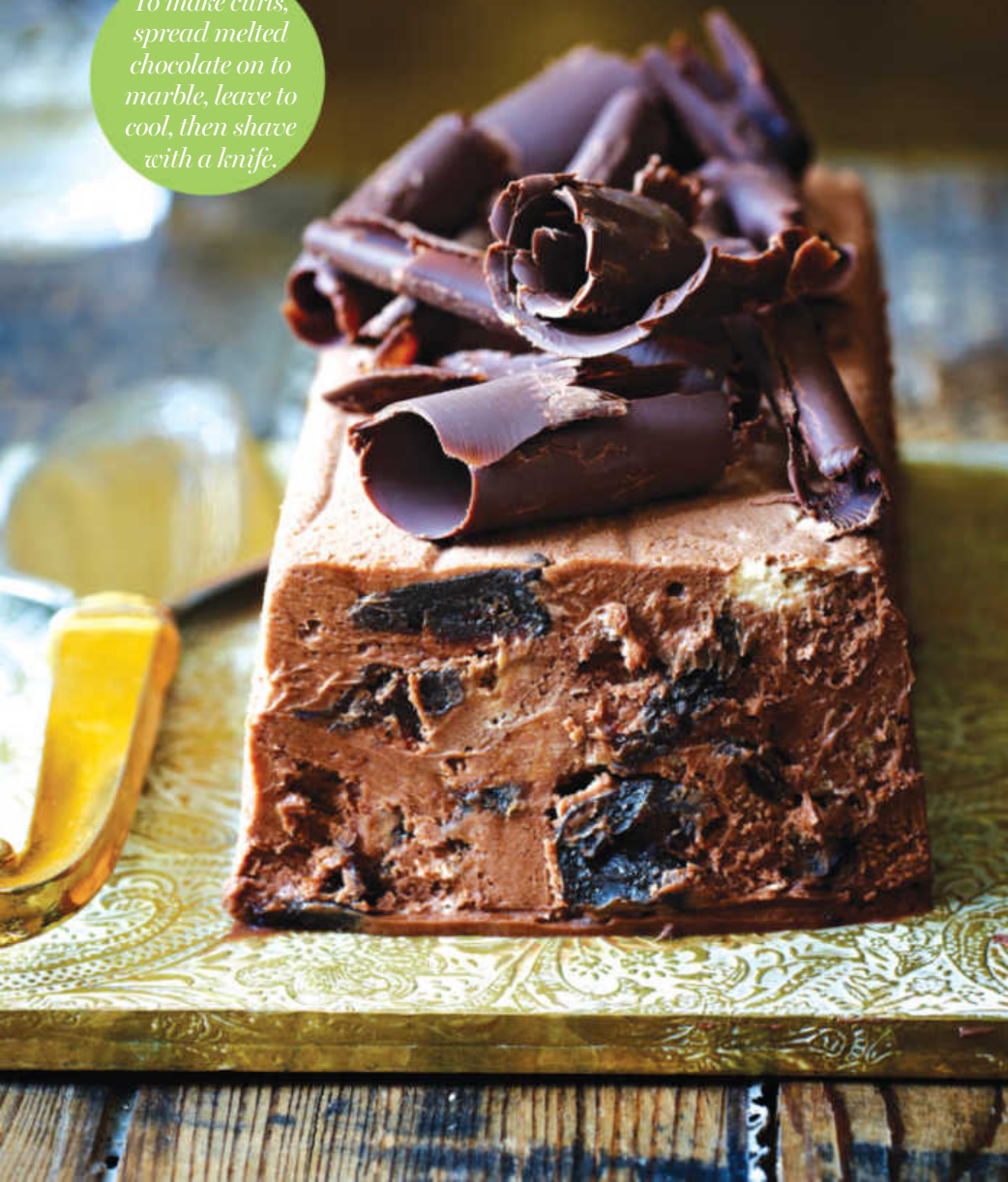
pipe a swirl on top of 6 meringues. Arrange another meringue on top of each, then pipe another layer of filling. Place the last meringues on top of each, with the flat-side up.

⑧ Using a palette knife, coat sides

of towers with more filling, then roll in chocolate sprinkles. If necessary, chill meringues at each stage so they're easier to handle. Finally, pipe a swirl of filling on top. These will keep in the fridge for up to 2 days.



*To make curls,  
spread melted  
chocolate on to  
marble, leave to  
cool, then shave  
with a knife.*





# BRANDIED PRUNE MARQUISE

*This velvety smooth dessert is always a winner – the brandied prunes add a real touch of luxury*

**Serves 10-12**

**Prep: 40 mins, plus setting**

**Bake: None**

FOR THE CAKE:

- ❖ 100g/3½oz ready-to-eat dried prunes
- ❖ 3tbsp brandy
- ❖ 75g/3oz butter
- ❖ 150g/5oz plain chocolate (70% cocoa solids), chopped
- ❖ 3 medium egg yolks
- ❖ 75g/3oz caster sugar
- ❖ 250ml/9fl oz double cream

TO DECORATE:

- ❖ Chocolate curls (see tip, left)
- YOU WILL NEED: **A 450g/1lb loaf tin, lined with baking parchment**

- ❶ Cut prunes into small pieces and place in a bowl with brandy, then leave to soak.
- ❷ Place butter in a small pan and

heat until melted. Add chocolate and leave for a few mins to melt, then stir together until smooth.

❸ Whisk egg yolks and sugar in a medium bowl until thick and pale. Place bowl over gently simmering water (don't let it touch the water) and continue to whisk until yolk mixture is just hot. Don't overheat or eggs will curdle. Remove from the heat and whisk in chocolate mixture.

❹ Whisk cream until it just holds its shape, then fold into chocolate mixture with prunes and brandy.

❺ Spoon mixture into prepared tin and leave to set for at least 6 hrs in the fridge, then turn out, peel away baking parchment and decorate with chocolate curls. Slice to serve. This can be prepared 2 days in advance and kept in the fridge.







# CHOCOLATE & BRANDY PROFITEROLES

*Make these even more delicious by flavouring the filling with your favourite tipple – try Irish cream or rum*

**Serves 6**

**Prep: 15 mins**

**Bake: 25 mins**

**FOR THE CHOUX:**

- ❖ **50g/2oz butter, diced**
- ❖ **4tbsp milk**
- ❖ **1tsp caster sugar**
- ❖ **85g/3oz plain flour**
- ❖ **15g/½oz cocoa powder**
- ❖ **3 medium eggs, beaten**

**FOR THE FILLING:**

- ❖ **75g/3oz butter**
- ❖ **100ml/4fl oz double cream**
- ❖ **2tbsp light muscovado sugar**
- ❖ **100g/3½oz plain chocolate (70% cocoa solids), finely chopped**
- ❖ **1tbsp brandy or liqueur**

**FOR THE CHOCOLATE SAUCE:**

- ❖ **4tbsp cocoa powder**
- ❖ **4tbsp golden syrup**
- ❖ **15g/½oz butter**

**TO DECORATE:**

- ❖ **Edible gold lustre powder**

**YOU WILL NEED: A large piping bag, fitted with a large plain nozzle, 2 baking sheets, lightly greased**

- ❶ Heat oven to gas mark 6/200°C (180°C in a fan oven).
- ❷ Place butter, milk, caster sugar and 4tbsp cold water in a medium saucepan over a low heat until butter has melted, then bring to the boil.
- ❸ Add all the flour and cocoa powder in one go and beat well with a wooden spoon until mixture forms a soft ball and comes away from sides of pan. Remove from heat and leave to cool for 5 mins.
- ❹ Gradually add eggs, a little at a time, beating into mixture. At first, it will look scrambled, but the more you beat it, the smoother it will become. When ready, the mix will be smooth and shiny, hold its shape and be a thick dropping consistency.
- ❺ Place mixture in a large piping bag fitted with a large plain nozzle. Pipe small rounds (each about the size



of a whole walnut) on baking sheets.

❻ Bake for 15-20 mins until they have risen and are crisp. Remove from oven, then cut a slit in the side of each to allow steam to escape. Return the buns to the hot oven for a further 4-5 mins to dry out. Remove and leave to cool, then cut almost in half.

❼ To make filling, melt butter in a small pan, add cream and sugar and stir until sugar has dissolved. Add chocolate and

leave for 5 mins until melted, then stir until smooth. Allow to cool until it has thickened, add brandy and whisk until much paler in colour. Place in a piping bag and pipe between split profiteroles.

❸ To make sauce, place all the ingredients in a small pan and heat until butter has melted and mixture is smooth. Serve the profiteroles with sauce poured over, hot or cold, then dust them with gold lustre, if you like.



*No-bake  
recipe*





# WHITE CHOC & PASSION FRUIT MOUSSE

*Fruity, light and creamy – this dessert is heavenly!*

**Makes 6 mousses**

**Prep: 30 mins, plus chilling**

**Bake: None**

- ❖ 100g/3½oz white chocolate, finely chopped
- ❖ 2 eggs, separated
- ❖ 125ml/4½fl oz passion fruit seeds (about 6 fruit)
- ❖ 125ml/4½fl oz double cream
- ❖ 2tbsp caster sugar
- ❖ A little white chocolate, grated, to decorate

**YOU WILL NEED: 6 serving glasses**

- ❶ Place chocolate in a bowl over, but not touching, gently simmering water. Allow to melt, then remove from heat and stir in the egg yolks, one at a time.
- ❷ Press passion fruit seeds through a sieve into a bowl, reserving a little for decoration. Stir juice into chocolate mixture.
- ❸ Whip cream until it just holds its shape, then fold in.
- ❹ Whisk egg whites until stiff, then whisk in sugar and fold evenly into mousse. Pour mixture into 6 individual glasses and chill until ready to serve. Drizzle with a little of the passion fruit seeds and juice and grated chocolate.

**Note** This recipe contains raw egg, so it should not be served to expectant mums or the elderly. If you like, you can use pasteurised egg whites or egg white powder instead of the fresh egg whites. The yolks are partially cooked when added to the hot chocolate.







# RASPBERRY STRIPED CHOCOLATE GATEAU

*This gorgeous striped cake has real wow factor – and it's easier than it looks!*

**Serves 10**

**Prep: 1 hr**

**Bake: 15 mins**

FOR THE SPONGE:

- ❁ 6 medium eggs
- ❁ 200g/7oz caster sugar
- ❁ 100g/3½oz plain flour
- ❁ 40g/1½oz cocoa powder

FOR THE FILLING:

- ❁ 6tbsp raspberry jam
- ❁ 300ml/10fl oz double cream

TO DECORATE:

- ❁ 125ml/4fl oz double cream
- ❁ 200g/7oz plain chocolate, finely chopped
- ❁ 200g/7oz raspberries

YOU WILL NEED: A 23cm/9in x 33cm/13in Swiss roll tin, lined with parchment, a 20cm/8in round springform tin, lined with parchment

- ❶ Heat oven to gas mark 4/180°C (160°C in a fan oven).
- ❷ Place eggs and sugar in a bowl

and, using an electric whisk, beat until mixture is thick and pale and holds its shape when whisk is lifted. Whisk in 2tbsp hot water then, using a large spoon, add flour and cocoa powder and fold in until smooth, trying not to knock out all the air. Divide mixture between tins and place in the oven.

❸ Bake Swiss roll for 8-10 mins until just firm in the centre – remove it from the oven quickly, then close the oven door and continue to cook round cake for a further 5 mins until it is also firm in the centre and has started to shrink away from the sides of the tin. Turn out both sponges and remove baking parchment. Allow to cool completely.

❹ Cut round cake in half horizontally and spread cut surfaces with a little jam. Place 1 round cake on a plate.

❺ Spread half of the remaining jam over the Swiss roll. Whip cream until it just holds its shape, then fold in

PHOTO: TOBY SCOTT





remaining jam. Spread cream over Swiss roll, then cut lengthways into 5 equal strips. Roll up 1 strip tightly and place in centre of round cake. Wrap another strip around it, joining the edges. Continue with all the strips, joining edges as you go, so you create a large spiral (the same size as the round cake when all the strips have

been added). Place other round cake, jam-side down, on top. Wrap cake in cling film and chill for at least 1 hr.

**6** To decorate, heat cream in pan, add chocolate and leave for 5 mins. Stir until smooth and glossy and allow to cool until slightly thickened; pour over cake, spreading over sides. Chill until ready to serve, topped with raspberries.



A clear glass jar with a starburst pattern is filled with ice cream sandwiches. The sandwiches have a light-colored, speckled ice cream filling and dark chocolate chip cookies. In the foreground, two more sandwiches are placed on a white doily with a blue floral pattern. The background is a dark, patterned fabric.

*Try swapping  
the chocolate  
chips for glacé  
cherries or  
cranberries!*



# CHOC-DIPPED SHORTBREAD SQUARES

*The dipped dark chocolate makes these shortbread squares doubly delicious*

**Makes 9 squares**

**Prep: 15 mins, plus setting**

**Bake: 40 mins**

FOR THE BISCUITS:

- ❖ 100g/3½oz plain flour
- ❖ 50g/2oz semolina
- ❖ 100g/3½oz softened butter
- ❖ 50g/2oz caster sugar
- ❖ 50g/2oz dark chocolate chips

TO DECORATE:

- ❖ 100g/3½oz plain chocolate

YOU WILL NEED: **A baking tray lined with baking parchment**

- ❶ Heat oven to gas mark 2/150°C (130°C in a fan oven).
- ❷ To make biscuits, place flour and semolina in food processor with the butter and process until mixture resembles breadcrumbs (or rub together with your fingers). Stir in the sugar and chocolate chips. Squeeze the mixture together to make a firm dough.
- ❸ Roll out dough on a lightly floured work surface into a 20cm/8in square. Cut into squares and place biscuits on to a baking tray, allowing a little space between them.
- ❹ Bake for 40 mins or until the biscuits are a pale golden colour. Allow the shortbread to cool on the baking tray.
- ❺ To decorate, melt chocolate in a microwave for 1 min or in a bowl over gently simmering water. Dip base of biscuits in chocolate and place on baking parchment. Chill until set. These will keep in a cake tin for up to 1 week.







# CHEESECAKE-SWIRLED BROWNIES

*These are not quite as rich as traditional brownies, but they're just as yummy!*

**Makes 12-16 brownies**

**Prep: 15 mins**

**Bake: 30 mins**

**FOR THE BROWNIES:**

- ❖ 100g/3½oz butter, cut into cubes
- ❖ 100g/3½oz plain chocolate, roughly chopped
- ❖ 125g/4oz caster sugar
- ❖ Pinch of salt
- ❖ 3 medium eggs, beaten
- ❖ 75g/3oz self-raising flour
- ❖ 1tbsp cocoa powder

**FOR THE CHEESECAKE MIXTURE:**

- ❖ 200g/7oz plain chocolate, chopped (or use chocolate chips)
- ❖ 200g/7oz cream cheese
- ❖ 2 medium egg yolks
- ❖ 75g/3oz caster sugar

**YOU WILL NEED: An 18cm/7in x 28cm/11in tin, lined with baking parchment**

❶ Heat the oven to gas mark 4/180°C (160°C in a fan oven).

❷ Place butter and chocolate in a medium saucepan and melt over a low heat. Stir constantly until smooth, then remove from the heat and beat in sugar and salt. Beat in eggs, 1 at a time, until smooth, then add flour and cocoa powder and beat until smooth. Add mixture to the tin.

❸ To make cheesecake mix, in a clean bowl, beat together all ingredients until smooth. Dollop on to brownie mixture, then swirl mixtures together lightly with a knife. Don't over mix, as it is nice to see and taste the 2 different mixtures.

❹ Bake for 30 mins or until the middle of the cake is just set – it should still have a slight wobble to it but, if you prefer it less gooey, bake for a further 5 mins.

❺ Allow to cool in the tin, then cut into squares and serve.

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## Baking buys



KitchenAid Artisan stand **mixer** with stainless-steel bowl in Almond Cream, £429.95, QVC and johnlewis.com



Mason Cash 16cm **pudding basin**, £5; 1 litre **measuring jug**, £10, both wilko.com

Amazing value

Crinkle rectangle copper-coated **biscuit cutter**, £2, [sainsburys.co.uk](http://sainsburys.co.uk)



# BAKE MY DAY

*Planning your own bake-off at home? Show off your skills with the cutest kitchen kit around...*



Sophie Allport 'Alice in Wonderland' adult **apron**, £17; double **oven gloves**, £16, both [sophieallport.com](http://sophieallport.com)

150th anniversary limited edition



Polka dot **oven dishes**, £10.50 each, [tch.net](http://tch.net)



Cath Kidston three-tier Cranham **cake stand**, £36, [daisypark.co.uk](http://daisypark.co.uk)



Cachette handmade wooden **pastry brush**, £6.83, [furnish.co.uk](http://furnish.co.uk)



Vintage magnetic **kitchen timer**, £14.95, [Dotcomgiftshop.com](http://Dotcomgiftshop.com)

Vintage **cake tins**, £25 for 2, The Contemporary Home, [tch.net](http://tch.net)



T&G 'Pride of Place' **pie funnel**, £5.49; T&G 'Cream & Country' **baking shaker**, £8.99, [thecookskitchen.com](http://thecookskitchen.com)

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Daisy wanted her birthday  
cake to be beautifully coloured,  
EXACTLY like her favourite dress.



Daisy and her Mum mixed and matched their colours perfectly using Wilton's Colour Right System, available exclusively from Lakeland. See how easy it was at [lakeland.co.uk/daisy](http://lakeland.co.uk/daisy)

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